

Boston Public Schools

9-12 Lunch Satellite Menu

October 2015

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products in this menu
- Meats are lean and cheeses are low fat
- All products contain zero trans fats

Produce of The Month

Apples

- Are rich in antioxidants and polyphenols
- Contain a soluble fiber called pectin; which helps protect our heart
- Have a high level of boron that helps improve our memory, mental alertness, and brain activity
- There are over 8000 varieties
- They are grown in all 50 states

LUNCH INCLUDES

1% milk
fat free milk
fat free chocolate milk


WE OFFER BREAKFAST DAILY

PLEASE NOTE

- "v" indicates vegetarian meal options
- If you have a food allergy, please speak to your school nurse
- Menu is subject to change

Dept. of Food & Nutrition Services

(617) 635 9144

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
BBQ Chicken Sandwich Black Bean & Tomato 5	Macaroni & Cheese ^v Broccoli 6	Beef Meatball Sub Green Beans 7	Crispy Fish Sandwich Steamed Green Beans Ketchup/Mayo 1	Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing 2
Turkey-Ham & Cheese Sandwich (2) Chickpea Salad Mayo/Mustard Fresh & Cupped Fruit	Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	Toasted Cheese Sandwich ^v (2) Green Bean Salad Fresh Fruit	Turkey-Ham & Cheese Sandwich (2) Corn & Red Pepper Salad Mayo/Mustard Fresh Fruit	Crispy Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh Fruit & Raisins
No School 12	Crispy Fish Sandwich Black Bean & Tomato Ketchup/Mayo 13 Toasted Cheese Sandwich ^v (2) Chickpea Salad Fresh Fruit	Lemon Oregano Chicken over Pasta Steamed Broccoli 14 Spaghetti w/ Beef Meatballs Steamed Broccoli Fresh & Cupped Fruit	Hamburger Peas & Carrots Mayo/Ketchup/Mustard 15 Turkey-Ham & Cheese Sandwich (2) Corn & Red Pepper Salad Mayo/Mustard Fresh & Cupped Fruit	Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing 16 Greek Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit & Raisins
Chicken Tenders Dinner Roll Sweet Potatoes Ketchup 19	Bean Chili ^v Kaiser Roll Fiesta Corn 20	Pasta with Tomato Meat Sauce Steamed Broccoli 21	Cajun Fish over Brown Rice Black Bean & Tomato 22	Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing 23
Toasted Cheese Sandwich ^v (2) Fresh Carrots w/ Ranch Dressing Fresh & Cupped Fruit	Turkey-Ham & Cheese Sandwich (2) Corn & Red Pepper Salad Mayo/Mustard Fresh Fruit	Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh Fruit	Turkey-Ham & Cheese Sandwich (2) Chickpea Salad Mayo/Mustard Fresh Fruit	Crispy Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh Fruit & Raisins
BBQ Chicken Sandwich Black Bean & Tomato Mayo/Mustard/Ketchup 26	Macaroni & Cheese ^v Broccoli 27	Beef Meatball Sub Green Beans 28	Chicken & Vegetable Dumplings Peas & Carrots 29	Cheese Pizza ^v (2) Fresh Carrots w/ Ranch Dressing 30
Turkey-Ham & Cheese Sandwich (2) Chickpea Salad Mayo/Mustard Fresh & Cupped Fruit	Buffalo Chicken Salad w/ Italian Dressing & Kaiser Roll Fresh & Cupped Fruit	Toasted Cheese Sandwich ^v (2) Green Bean Salad Fresh Fruit	Turkey-Ham & Cheese Sandwich (2) Corn & Red Pepper Salad Mayo/Mustard Fresh Fruit	Cobb Salad ^v w/ Italian Dressing & Kaiser Roll Fresh Fruit