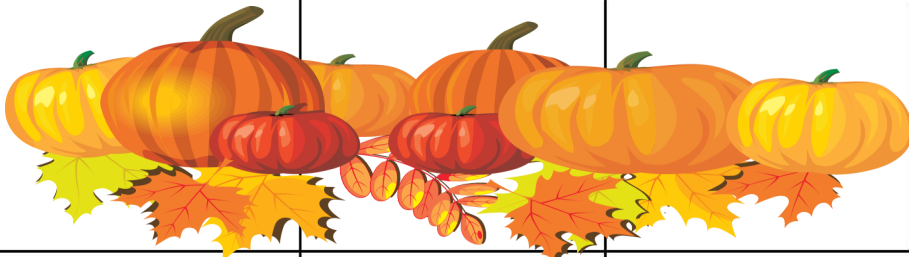


Boston Public Schools K-12 Breakfast Satellite Menu

October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5	6	7	8	9
Cinnamon Raisin Bagel w/ Butter	French Toast	Egg & Cheese on English Muffin w/ Ketchup	Egg & Cheese on English Muffin w/ Ketchup ¹	Honey Wheat Bagel w/ Cream Cheese ²
Fresh & Cupped Fruit	Fresh Fruit	Fresh Fruit & Raisins	Fresh & Cupped Fruit	Fresh Fruit
12	13	14	15	16
No School	Honey Wheat Bagel w/ Cream Cheese	Waffles	Egg & Cheese on English Muffin w/ Ketchup	Cheerios Cereal Graham Crackers
	Fresh Fruit	Fresh Fruit	Fresh & Cupped Fruit	Fresh Fruit
19	20	21	22	23
Honey Wheat Bagel w/ Cream Cheese	Pancakes	Egg & Cheese on English Muffin w/ Ketchup	Waffles	Strawberry Yogurt Graham Crackers
Fresh Fruit	Fresh & Cupped Fruit	Fresh Fruit & Raisins	Fresh & Cupped Fruit	Fresh Fruit
26	27	28	29	30
Cinnamon Raisin Bagel w/ Butter	French Toast	Egg & Cheese on English Muffin w/ Ketchup	Pancakes	Blueberry Bagel w/ Cream Cheese
Fresh & Cupped Fruit	Fresh Fruit	Fresh Fruit & Raisins	Fresh Fruit	Fresh & Cupped Fruit

DID YOU KNOW...

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats and No Nitrates and Nitrites

BREAKFAST INCLUDES

1% Plain Milk
Fat Free Milk

Nutrition Highlight

Yogurt

- Is rich in calcium, a mineral that plays a major role in bone health
- Contains probiotics, the "good" bacteria your digestive system uses to stay healthy
- Helps satisfy out hunger with a good dose of protein

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Maple syrup will be offered in cafeteria feeding setting
- Menu is subject to change.

Dept. of Food & Nutrition Services
(617) 635 9144