

Boston Public Schools Dinner 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

DINNER INCLUDES


1% Milk
Fat Free Chocolate Milk

PLEASE NOTE

- Menu is subject to change.

Dept. of Food & Nutrition Services

(617) 635 9144

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Soy Butter w/ Jelly Honey Sunflower Seeds, Graham Crackers, Raisins Fresh Fruit ⁵	Tuna Salad w/ Honey Soy Nuts, Crackers Raisins Fresh Fruit ⁶	Cheese Dip w/ Lightly Salted Sunflower Seeds, Pretzels Applesauce Fresh Fruit ⁷	Chicken Salad w/ Honey Sunflower Seeds Crackers Apple Sauce Fresh Fruit ¹	Cheese Dip w/ Lightly Salted Sunflower Seeds, Pretzels Applesauce Fresh Fruit ²
No School ¹²	Cheese Dip w/ Lightly Salted Sunflower Seeds, Pretzels Applesauce Fresh Fruit ¹³	Tuna Salad w/ Honey Soy Nuts, Crackers Raisins Fresh Fruit ¹⁴	Hummus, Sunflower Seeds, Crackers Raisins Fresh Fruit ⁸	Chicken Salad w/ Honey Sunflower Seeds, Crackers Apple Sauce Fresh Fruit ⁹
Tuna Salad w/ Honey Soy Nuts, Crackers Raisins Fresh Fruit ¹⁹	Hummus, Sunflower Seeds, Crackers Raisins Fresh Fruit ²⁰	Soy Butter w/ Jelly Honey Sunflower Seeds, Graham Crackers, Raisins Fresh Fruit ²¹	Soy Butter w/ Jelly Honey Sunflower Seeds, Graham Crackers, Raisins Fresh Fruit ¹⁵	Hummus, Sunflower Seeds, Crackers Raisins Fresh Fruit ¹⁶
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			Hummus, Sunflower Seeds, Crackers Raisins Fresh Fruit ²⁹	Chicken Salad w/ Honey Sunflower Seeds, Crackers Apple Sauce Fresh Fruit ³⁰