

Boston Public Schools K-12 Breakfast Satellite Menu

September 2015

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

Whole Grains

- Are high in fiber; which helps keep us satisfied
- May help too reduce the risk of heart disease and diabetes
- Contain phytochemicals to help us maintain optimum health
- Are rich in B vitamins; which keep our cells healthy and supply us with energy.

PLEASE NOTE

- 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
	1 No School	2 No School	3 No School	4 No School
7 Labor Day	8 Rice Krispies Cereal Graham Crackers Fresh Apple Mixed Fruit Cup	9 Plain Bagel w/ Cream Cheese Fresh Orange Fresh Pear	10 Waffles w/ Maple Syrup Sliced Peaches Fresh Apple	11 Multi Grain Cheerios Cereal Graham Crackers Fresh Pear Applesauce
14 Cinnamon Raisin Bagel w/ Butter Fresh Orange Mixed Fruit Cup	15 French Toast w/ Maple Syrup Fresh Apple Fresh Orange	16 Multi Grain Cheerios Cereal Fresh Banana Raisins	17 Egg & Cheese on English Muffin w/ Ketchup Fresh Pear Applesauce	18 Blueberry Muffin Fresh Orange Sliced Peaches
21 Strawberry Yogurt Graham Crackers Fresh Orange Fresh Apple	22 Waffles w/ Maple Syrup Fresh Banana Applesauce	23 Apple Cinnamon Muffin Fresh Pear Mixed Fruit Cup	24 Pancakes w/ Maple Syrup Fresh Orange Diced Pineapple	25 Plain Bagel w/ Cream Cheese Fresh Apple Fresh Orange
28 Banana Muffin Fresh Orange Raisins	29 Egg & Cheese on English Muffin w/ Ketchup Fresh Apple Mixed Fruit Cup	30 Plain Bagel w/ Cream Cheese Fresh Orange Fresh Pear		