

October Menu

Monday

3 WG Fantini Bagel^v with Cream Cheese or Sunbutter and choice of one additional breakfast item^{*}

lyaki Chicken or Crispy Tofu^v Lo in with Mixed Vegetables

bb Salad^v with Pita Bread

Vegetable of the Day: Snap Peas

10

No School

17 Veggie Scramble^v and Biscuit with Butter

paghetti with Meatballs or Mozzarella Cheese^v

heese Bites with Marinara Dippingauce^v

hicken Salad Sandwich

Vegetable of the Day: Roasted Broccoli

24 Egg, and Cheese Breakfast Sandwich^v

ocal NorthCoast Buffalo Fish Bites or BQ Chicken with Macaroni and heese and Dinner Roll

reek Salad with Falafel Nuggets^v

urkey and Cheese Sub

Vegetable of the Day: Roasted Corn & Local Ranch Coleslaw

Yogurt Parfait with Mixed Berries and Granola^v or choice of one additional breakfast item^{*}

icy Crispy Chicken Sandwich

ron Ginger Chicken with Brown Rice and Dinner Roll

bb Salad^v with Pita Bread

Vegetable of the Day: Local Sweet Potato Wedges

Tuesday

4 Yogurt Parfait with Mixed Berries and Granola^v or second item of choice^{*}

•BBQ Drumstick with Rice & Beans, 9-12; and Cornbread with Butter

•Grilled Cheese^v

•Tuna Wrap

Vegetables of the Day: Roasted Corn & Local Ranch Coleslaw

11 WG Fantini Bagel^v with Cream Cheese or Sunbutter and choice of one additional breakfast item^{*}

•Crispy Buffalo Tofu^v & Dinner Roll, Breaded Chicken Bites, or Spicy Breaded Chicken Tenders

with Homemade Macaroni & Cheese

•Turkey and Cheese Sub

Vegetable of the Day: Yucca Fries

18 Homemade Blueberry Muffin^v and choice of one additional breakfast item^{*}

•Orange Chicken or Crispy Orange Tofu^v with Brown Rice

•Grilled Cheese^v

•Garden Salad with Tuna with Pita Bread

Vegetables of the Day: Local Roasted Carrots & Roasted Broccoli

25 Apple Pie Overnight Oats^v

•Coconut Curry Chicken with Cilantro Lime Rice and Flatbread

•Grilled Cheese^v

•Chicken Salad Sandwich

Vegetable of the Day: Local Roasted Butternut Squash

Wednesday

5 Chicken Sausage, Egg, and Cheese Breakfast Sandwich

Or Strawberry Banana Smoothie with choice of second item^{*}

•Lemon Herb Chicken with Penne Pasta and Parmesan Cheese

•Cheese Bites^v with Marinara Dipping Sauce

•Greek Salad with Pita Bread^v

Vegetables of the Day: Roasted Broccoli & Local Roasted Carrots

12 Homemade Chocolate Chip Muffin^v and choice of one additional breakfast item^{*}

•Cheeseburger or Hamburger

•Mediterranean Wrap with Falafel^v

•Garden Salad with Buffalo Chicken and Pita Bread

Vegetable of the Day: Local Potato Wedges

19 Chicken Sausage, Egg, and Cheese Breakfast Sandwich

Or Strawberry Banana Smoothie and choice of one additional breakfast item^{*}

•Plain Crispy Chicken or Chicken Parmesan Sandwich

•Cobb Salad^v with Pita Bread

•Turkey & Cheese Wrap

Vegetable of the Day: Sweet Potatoes Crinkle-Cut Fries

26 Homemade Chocolate Chip Muffin^v and choice of one additional breakfast item^{*}

•Cheeseburger or Hamburger

•Mediterranean Wrap with Falafel^v

•Cobb Salad^v with Pita Bread

Vegetable of the Day: Sweet Potatoes Crinkle-Cut Fries

Thursday

6 Homemade Blueberry Muffin^v and choice of one additional breakfast item^{*}

•Beef Quesadilla or Sweet Potato and Black Bean Quesadilla^v

with Salsa and Sour Cream

•Garden Salad with Lemon Herb Chicken and Pita Bread

Vegetable of the Day: Roasted Corn

13 Blueberry Banana Overnight Oats^v Or Green Monster Smoothie and choice of one additional breakfast item^{*}

•Local Red's Best Fish Sandwich

•Taco-Seasoned Pulled Chicken with Red Rice, Mozzarella Cheese, Tortilla Chips, Salsa & Sour Cream

•Greek Salad with Falafel Nuggets with Pita Bread^v

Vegetables of the Day: Roasted Corn & Local Ranch Coleslaw

20 WG Fantini Bagel^v with Cream Cheese or Sunbutter and choice of one additional breakfast item^{*}

•Shredded Beef Nachos with Red Rice, Mozzarella Cheese, Tortilla Chips

•Shredded Beef Quesadilla

•Sweet Potato & Black Bean Quesadilla^v

•Tuna Sandwich

Vegetable of the Day: Corn and Local Black Bean Salad

27 Egg and Cheese Quesadilla^v

•Sweet and Sour Chicken or Tofu^v with Brown Rice

•Tuna Wrap

Vegetable of the Day: Roasted Broccoli & Local Roasted Turnips

Friday

7 Veggie Egg Bites and WG Fantini Bagel^v with Cream Cheese or Sunbutter

•Buffalo Chicken Pizza

•Garlic Pizza^v

•Chef's Salad with Pita Bread

Vegetable of the Day: Roasted Sweet Potatoes

14 Chicken Sausage & Cheese Egg Bites with Biscuit and Butter^v

•BBQ Chicken Pizza

•Cheese Pizza^v

•Tuna Wrap

Vegetable of the Day: Roasted Sweet Potatoes

21 Yogurt Parfait with Mixed Berries and Granola^v or choice of one additional breakfast item^{*}

•Cheese Pizza^v

•Garlic Pizza^v

•Buffalo Chicken Pizza

•Buffalo Chicken Wrap

Vegetables of the Day: Roasted Carrots & Corn and Local Black Bean Salad

28 WG Fantini Bagel^v w/ Cream Cheese or Sunbutter and choice of and choice of one additional breakfast item^{*}

Or Green Monster Smoothie and choice of one additional breakfast item^{*}

•Cheese Pizza^v

•Meatball Pizza

•Garden Salad with Tuna and Pita Bread

Vegetables of the Day: Roasted Sweet Potatoes

Schools Serving Smoothies: Boston Community Leadership Academy - McCormack, Boston Day-Evening Academy, Boston Green Academy, Boston Latin Academy, Burke High School, Curley K-8 School, Charlestown High School, Dearborn 6-12 STEM Academy, East Boston High School, Excel High School, Fenway High School, Henderson K-12 Inclusion School Lower, Henderson K-12 Inclusion School Upper, Madison Park Technical Vocational High School, McKay K-8 School, New Mission High School, TechBoston Academy (8-12)

This institution is an equal opportunity provider
Menu is subject to change

Possible Daily Breakfast Entrees
*Pick Up to 2 Items - Cinnamon Chex, Multigrain Cheerios, Rice Chex, Corn Chex, Cheerios, Mozzarella Cheese Stick, Cheddar Cheese Stick, Cinnamon Grahams, Hard Boiled Egg, Non-Fat Vanilla Yogurt, Cinnamon Raisin Granola
*One item listed above can be paired with a smoothie, parfait, bagel, or muffin when the options are on the menu
Or Pick 1 Item - Apple Berry Zee Zee Bar, Cinnamon Zee Zee Bar, Large Cinnamon Chex, Large Blueberry Chex

Possible Daily Grab & Go Pack Lunch Option:
•Sunbutter & Jelly Sandwich, Cinnamon Grahams Crackers, Mozzarella Cheese Stick^v
•Hummus, Carrot Sticks, Celery Sticks, Pita Chips, Cheddar Cheese Stick, Cinnamon Graham Crackers^v
•Vanilla Yogurt Parfait with Mixed Berries and Granola, Mozzarella Cheese Stick, Cinnamon Grahams^v
Vegetable(s) of the day, salad bar, fruit variety and milk are offered with grab & go packs

Salad Bar Offered Daily:

•Daily lunch salad bar options spring mix lettuce grape tomatoes, cucumber slices, celery stic carrot sticks, chickpeas, and dressing variety
•Additionally, salad bars may feature pickles, sliced tomatoes, sliced red onion, green bell peppers, red bell peppers

Breakfast & Lunch Milk Choices:

1 % Plain & Nonfat Plain
•All grain products are whole grain-rich (WG)
•Meats are lean and cheeses are low-fat
•A variety of fruits offered daily with all breakfast and lunch entrees
•A variety of condiments are offered daily
•WG pita offered with every grab & go salad entree
•Menus are peanut aware
•*v* Indicates vegetarian meal option
•Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager

Did You Know?

Breakfast and Lunch is FREE for all students