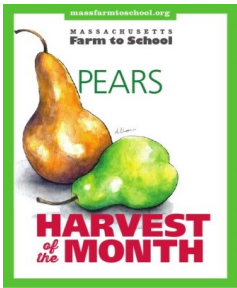



# K-8 October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Power Pack—Hard Boiled Egg, Peanut Butter<sup>S</sup>, Graham Cracker Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>Chicken and Spinach Quesadilla Or Cheese and Spinach Quesadilla<sup>V</sup> Or Tangerine Chicken with Brown Rice <i>Broccoli and/or Red Pepper Strips</i> Fresh Fruit</p>	<p>3 Waffle Sandwich—Turkey Sausage and Cheese Or <b>Whole Grain Bagel with Cream Cheese</b> Fresh Fruit</p> <p>Beef Tacos on a Crunchy Shell Or Black Bean and Cheese Tacos<sup>V</sup> Or Baja Fish Sticks with Jalapeño Corn Bread <i>Mexican Street Corn and/or Sizzlin' Black Beans</i> Fresh Fruit</p>	<p>4 French Toast Sticks Or <b>Fruited Yogurt with Graham Crackers</b> Fresh Fruit</p> <p>Spaghetti and Meatballs with Garlic Bread Or Chicken Caesar Salad <i>Tomato and Cucumber Salad and/or Green Beans</i> Fresh Fruit</p>	<p>5 Homemade Oatmeal with Raisins Or <b>Whole Grain Bagel with Cream Cheese</b> Fresh Fruit</p> <p>Chicken Teriyaki Bowl with Brown Rice and Broccoli Or Baked Chicken Strip and Cheese Bites or Cheese Bites<sup>V</sup> <i>Garden Salad and/or Baby Carrots</i> Fresh Fruit</p>	<p>6 Egg and Cheese on a Biscuit Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>Buffalo Chicken Pizza or Cheese Pizza<sup>V</sup> Or Asian Chicken Salad <i>Cucumber Slices and/or Chickpea Salad</i> Fresh Fruit</p>
<p>9</p> <p><b>Columbus Day No School</b></p>	<p>10 French Toast Sticks Or <b>Fruited Yogurt with Graham Crackers</b> Fresh Fruit</p> <p>Fish Tacos On Soft Tortilla Or Crispy Chicken Sandwich with Lettuce, Tomato, and Onion <i>Oven Baked Plantains and/or Cucumber Slices</i> Fresh Fruit</p>	<p>11 Egg and Cheese on a Biscuit Or <b>Whole Grain Bagel with Cream Cheese</b> Fresh Fruit</p> <p>Flatbread Topped with Chicken Tikki Masala Or Cheeseburger/Hamburger <i>Chickpea Salad and/or Garden Salad</i> Fresh Fruit</p>	<p>12 Breakfast Burrito Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>Cherry Blossom Chicken with Cilantro Lime Rice Or Broccoli and Cheddar Croissant<sup>V</sup> <i>Red Pepper Strips and/or Citrus Spinach Salad</i> Fresh Fruit</p>	<p>13 Turkey Sausage and Cheese on a Bagel Or <b>Whole Grain Bagel with Cream Cheese</b> Fresh Fruit</p> <p>Green Monster Pizza or Cheese Pizza<sup>V</sup> Or Chicken Caesar Salad <i>Sweet Potato Wedges and/or Celery Sticks</i> Fresh Fruit</p>
<p>16 French Toast Sticks Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>Queso Blanco Nachos<sup>V</sup> with Choice of Fajita Chicken and Fresh Toppings Or Cheeseburger/Hamburger <i>Sizzlin' Black Beans and/or Seasoned Potato Wedges</i> Fresh Fruit</p>	<p>17 Cinnamon Spiced Pancakes Or <b>Fruited Yogurt with Graham Crackers</b> Fresh Fruit</p> <p>Crispy Baked Fish Sandwich Or Bean and Cheese Chalupa with Jalapeño Corn Bread<sup>V</sup> <i>Buffalo Cauliflower and/or Garden Salad</i> Fresh Fruit</p>	<p>18 Egg and Cheese Omelet with Breakfast Potatoes Or <b>Whole Grain Bagel with Cream Cheese</b> Fresh Fruit</p> <p>Chicken Teriyaki Bowl with Brown Rice and Broccoli Or Steak and Cheese Croissant<sup>V</sup> <i>Roasted Carrots and/or Garden Salad</i> Fresh Fruit</p>	<p>19 Homemade Oatmeal with Raisins Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>No Antibiotic Ever BBQ Chicken Drumstick with Corn Bread Or Meatball Sub <i>Mashed Potatoes and/or Kale and Apple Salad</i> Fresh Fruit</p>	<p>20 Egg and Cheese on a Biscuit Or <b>Fruited Yogurt with Graham Crackers</b> Fresh Fruit</p> <p>Meatball Pizza or Cheese Pizza<sup>V</sup> Or Chicken Caesar Salad <i>Cucumber Slices and/or Baby Carrots</i> Fresh Fruit</p>
<p>23 Power Pack—Hard Boiled Egg, Peanut Butter<sup>S</sup>, Graham Cracker Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>Chicken and Spinach Quesadilla Or Cheese and Spinach Quesadilla<sup>V</sup> Or Tangerine Chicken with Brown Rice <i>Broccoli and/or Red Pepper Strips</i> Fresh Fruit</p>	<p>24 Waffle Sandwich—Turkey Sausage and Cheese Or <b>Whole Grain Bagel with Cream Cheese</b> Fresh Fruit</p> <p>Beef Tacos on a Crunchy Shell Or Black Bean and Cheese Tacos<sup>V</sup> Or Crispy Chicken Sandwich with Lettuce, Tomato, and Onion <i>Mexican Street Corn and/or Sizzlin' Black Beans</i> Fresh Fruit</p>	<p>25 Homemade Oatmeal with Cinnamon and Raisins Or <b>Pumpkin Breakfast Swirl</b> Fresh Fruit</p> <p>Spaghetti and Meatballs with Garlic Bread Or Garden Salad Topped with Buffalo Chicken Salad <i>Tomato and Cucumber Salad and/or Green Beans</i> Fresh Fruit</p>	<p>26 <b>LOCAL</b> 88 Acres Dark Chocolate and Sea Salt Bar Or <b>Fruited Yogurt with Graham Crackers</b> Fresh Fruit</p> <p><b>LOCAL</b> Fish N' Chips with side of Macaroni and Cheese or Macaroni and Cheese<sup>V</sup> Or Cheeseburger/Hamburger <i>Sweet Potato Wedges and/or Citrus Spinach Salad</i> Fresh Fruit</p>	<p>27 Egg and Cheese on a Biscuit Or <b>Assorted Cereals with Cheese Sticks</b> Fresh Fruit</p> <p>BBQ Chicken Pizza or Cheese Pizza<sup>V</sup> Or Asian Chicken Salad <i>Cucumber Slices and/or Chickpea Salad</i> Fresh Fruit</p>
<p>30 Egg and Cheese Omelet with Breakfast Potatoes Or <b>Assorted Cereal with Cheese Stick</b> Fresh Fruit</p> <p>Baked Chicken Strip and Cheese Bites or Cheese Bites<sup>V</sup> Or Garden Salad Topped with Tuna Salad <i>Kale and Apple Salad and/or Baby Carrots</i> Fresh Fruit</p>	<p>31 French Toast Sticks Or <b>Pumpkin Breakfast Swirl</b> Fresh Fruit</p> <p>Chef's Chicken Lo Mein Or Steak and Cheese Croissant <i>Seasoned Peas and/or Citrus Spinach Salad</i> Fresh Fruit</p>			



**Additional Vegetarian Items Offered Daily:**

- Peanut Butter and Jelly Sandwich<sup>S</sup><sup>V</sup>
- Yogurt and Granola Grab and Go<sup>V</sup>
- Hummus and Veggie Grab and Go<sup>V</sup>

**Did You Know?:**

**Breakfast and Lunch is FREE for all Students**

**Breakfast Milk Choices**

1 % Plain & Nonfat Plain

**Lunch Milk Choices**

1% Plain, Nonfat Plain, & Chocolate

- Bolded breakfast items are for breakfast in the classroom schools.
- All cereals are whole grain and low in sugar
- A variety of cold breakfast items offered daily
- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily
- A variety of condiments are offered daily
- All menu items that contain peanuts or tree nuts as an ingredients are clearly named
- "S" indicates peanut butter will be replaced with Sunbutter (for Peanut Aware Schools)
- "V" indicates vegetarian meal options
- Vegetarian Option Daily

**Please Note:**

- If you have a food allergy please speak to the school nurse and advise your kitchen manager
- Menu is subject to change

To find out more about BPS Food and Nutrition Services visit us at: <http://www.bostonpublicschools.org/fns>

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