

BPS EATS

DECEMBER

LUNCH MENU

Milk Choices:

Nonfat & 1% Unflavored Milk

Menu Details:

- Sunbutter and Jelly Sandwich^V offered daily
- All grain products are whole grain-rich (WG)
- Meats are lean and cheeses are low-fat
- A variety of fruits, including local apple, offered daily with all entrees
- A variety of condiments are offered daily
- Menus are peanut aware
- “V” indicates vegetarian meal option
- “H” indicates a Halal meat option available
- Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager

Themed Salad Bars:

12/2 - 12/6 - Garden Salad
12/9 - 12/20 - Greek Salad

Scan the QR code to access nutrition information, allergen information, and specific fruit offerings



Did You Know?

Breakfast and Lunch are **FREE** for all students

Menu is subject to change

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Hamburger^H or Cheeseburger OR LOCAL Veggie Burger^V ~ Glazed LOCAL Winter Carrots ~ Garden Salad Bar</p>	<p>3</p> <p>Chicken Pastelon OR LOCAL Black Bean Pastelon^V ~ Dinner Roll Steamed Green Peas ~ Garden Salad Bar</p>	<p>4</p> <p>Turkey Alfredo with Penne Pasta and LOCAL Broccoli OR LOCAL Broccoli Alfredo with Penne Pasta^V ~ Garden Salad Bar</p>	<p>5</p> <p>BBQ Chicken Drumstick OR LOCAL Black Bean Bowl^V ~ LOCAL Black Beans & Rice, LOCAL Butternut Squash ~ Garden Salad Bar</p>	<p>6</p> <p>LOCAL Sal's Famous Cheese Pizza^V OR BBQ Chicken LOCAL Pizza ~ Garden Salad Bar</p>
<p>9</p> <p>Turkey Fajitas with Peppers, Onions & Cheddar OR Black Bean Soft Tacos with Cheddar^V ~ Roasted LOCAL Broccoli Greek Salad Bar</p>	<p>10</p> <p>LOCAL Bean Chili with Tortilla Chips^V OR Tuna Melt Sandwich ~ Greek Salad Bar</p>	<p>11</p> <p>LOCAL Lasagna Rolls^V OR LOCAL Veggie Meatball Sub^V ~ Greek Salad Bar</p>	<p>12</p> <p>Crispy Chicken Sandwich^H OR LOCAL Roasted Pea Fritters^V ~ Brown Rice Glazed LOCAL Winter Carrots ~ Greek Salad Bar</p>	<p>13</p> <p>LOCAL Sal's Famous Cheese Pizza^V OR Pepper & Onion LOCAL Pizza^V ~ Greek Salad Bar</p>
<p>16</p> <p>Hamburger^H or Cheeseburger OR LOCAL Veggie Burger^V ~ Roasted LOCAL Sweet Potato ~ Greek Salad Bar</p>	<p>17</p> <p>HANUKKAH CELEBRATION MEAL</p> <p>Herb-Roasted Chicken Thigh OR Arbes (Roasted Chickpeas) ~ Potato Latkes with Applesauce Dinner Roll ~ Greek Salad Bar</p>	<p>18</p> <p>KWANZAA CELEBRATION MEAL</p> <p>Din Din Braised Chicken OR Din Din Chickpeas ~ Jollof Rice & Peas Candied Sweet Potatoes ~ Greek Salad Bar</p>	<p>19</p> <p>CHRISTMAS CELEBRATION MEAL</p> <p>Roasted Turkey with Gravy OR Roasted Veggie Meatballs ~ Cranberry Sauce Roasted Potato Wedges Dinner Roll ~ Greek Salad Bar</p>	<p>20</p> <p>LOCAL Sal's Famous Cheese Pizza^V OR Roasted LOCAL Broccoli Pizza^V ~ Greek Salad Bar</p>

WINTER RECESS

BPS EATS

DECEMBER

PRESCHOOL

LUNCH MENU

Menu Details:

- 1% unflavored milk served with each meal
- Local apples featured regularly
 - All grain products are whole grain-rich (WG)
 - Meats are lean and cheeses are low-fat
 - Menus are peanut aware
- “V” indicates vegetarian meal option
- “H” indicates halal version available at the following schools
- Kosher meals available upon request by families
- Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager

Scan the QR code to access nutrition information, allergen information, and specific fruit offerings



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WINTER RECESS

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger ^H or Cheeseburger OR LOCAL Veggie Burger ^V ~ Glazed LOCAL Winter Carrots Orange	3 Chicken Pastelon OR LOCAL Black Bean Pastelon ^V ~ Dinner Roll Steamed Green Peas Local Apple	4 Turkey Alfredo with Penne Pasta and LOCAL Broccoli OR LOCAL Broccoli Alfredo with Penne Pasta ^V LOCAL Steamed Broccoli Clementines	5 BBQ Chicken Patty OR LOCAL Black Bean Bowl ^V ~ LOCAL Black Beans & Rice, LOCAL Butternut Squash Pear	6 LOCAL Sal's Famous Cheese Pizza ^V ~ Cucumber Slices Banana
9 Turkey Fajitas with Peppers, Onions & Cheddar OR Black Bean Soft Tacos with Cheddar ^V ~ Roasted LOCAL Broccoli Local Apple	10 LOCAL Bean Chili with Tortilla Chips ^V OR Tuna Melt Sandwich ~ Roasted Carrots Local Apple	11 LOCAL Lasagna Rolls ^V OR LOCAL Veggie Meatball Sub with Cheese ^V ~ Chickpeas Clementines	12 Crispy Chicken Sandwich ^H OR LOCAL Roasted Pea Fritters ^V ~ Brown Rice Glazed LOCAL Winter Carrots Pear	13 LOCAL Sal's Famous Cheese Pizza ^V ~ Cucumber Slices Banana
16 Hamburger ^H or Cheeseburger OR LOCAL Veggie Burger ^V ~ Roasted LOCAL Sweet Potato Orange	17 HANUKKAH CELEBRATION MEAL ~ Herb-Roasted Chicken Thigh OR Arbes (Roasted Chickpeas) ~ Dinner Roll Potato Latkes with Applesauce Cucumber Slices	18 KWANZAA CELEBRATION MEAL ~ Din Din Braised Chicken OR Din Din Roasted Chickpeas ~ Jollof Rice & Peas Candied Sweet Potatoes Clementines	19 CHRISTMAS CELEBRATION MEAL ~ Roasted Turkey with Gravy OR Roasted Veggie Meatballs ~ Cranberry Sauce Dinner Roll Roasted Potato Wedges Pear	20 LOCAL Sal's Famous Cheese Pizza ^V ~ Cucumber Slices Banana