BPS EATS
LOCAL | HEALTHY | FRESH

High School & K-8 Lunch Menu- October

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Tacos **OR** Vegetarian Tacos[V]	2 Cheese Pan Pizza[V] **OR** Manager's Choice Pan Pizza
5 Crispy Fish Sandwich **OR** Vegetarian Quesadilla[V] LOCAL Roasted Potato Wedges	6 Baked Cheesy Pasta[V] **OR** LOCAL Pea Fritter Po Boy[V] Green Peas	7 Grilled Cheese[V] **OR** LOCAL Empanada[V] Tomato Salad	8 Fried Rice[V] with Soy Garlic Chicken **OR** Edamame[V]	9 Cheese Pan Pizza[V] **OR** Manager's Choice Pan Pizza
12 NO SCHOOL	13 Mac & Cheese[V] **OR** Turkey & Cheese Sandwich Diced Carrots	14 BBQ Chicken **OR** BBQ Pea Fritters[V] Brown Rice LOCAL Braised Greens	15 Chicken Burrito Bowl **OR** Vegetarian Burrito Bowl[V] **OR** Turkey & Cheese Sandwich	16 Cheese Pan Pizza[V] **OR** Manager's Choice Pan Pizza
19 Cheesy Flatbread Melt[V] **OR** Pesto Flatbread Melt[V] **OR** LOCAL Empanada[V] LOCAL Sweet Potato Wedges	20 Pasta Marinara[V] with Chicken Parmesan **OR** LOCAL Pea Fritters[V] Steamed Broccoli	21 Crispy Fish Sandwich **OR** LOCAL Veggie Burger[V] **OR** Turkey and Cheese Sandwich LOCAL Roasted Potato Wedges	22 Chicken Tikka Masala **OR** Chickpea Masala[V] **OR** Turkey and Cheese Sandwich Rice	23 Cheese Pan Pizza[V] **OR** Manager's Choice Pan Pizza
26 Cheeseburger[V] **OR** Hamburger **OR** LOCAL Veggie Burger[V] LOCAL Roasted Potato Wedges	27 Rasta Pasta[V] With LOCAL Jerk Chicken with **OR** Turkey Sandwich Green Peas	28 Teriyaki Lo Mein[V] with Soy Garlic Chicken **OR** Edamame[V]	29 Chicken Tacos **OR** Vegetarian Tacos[V]	30 Cheese Pan Pizza[V] **OR** Manager's Choice Pan Pizza

Please see the next page for the list of schools that follow this menu.

Please note: If you have a food allergy please alert the school nurse and advise your cafeteria manager.

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

DAILY MENU OFFERINGS:

- A variety of milk options
- A variety of fruits, including local apple with all entrees
- Sunbutter & jelly sandwich
- All grain products are whole grain-rich
- School meals are peanut and tree-nut free
- Halal & Kosher meals available upon request

"V" indicates vegetarian meal option

Fresh Salad Bar Offered Daily

MASSACHUSETTS FARM TO SCHOOL

HARVEST of the MONTH
LOCAL
PEARS

Did You Know?
Breakfast and Lunch are **FREE** for all students.

Menu is subject to change.

This institution is an equal opportunity provider.