

BPS EATS

OCTOBER

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:

10/1 - 10/11 - Garden Salad
 10/14 - 10/25 - Greek Salad
 10/28-10/31 - Fiesta 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
	1 LOCAL Fish Tacos OR Cheese Bites ^V ~ Roasted Corn ~ Garden Salad Bar	2 Meatball Sub OR LOCAL Veggie Meatball Sub ^V ~ Roasted Potato Wedges ~ Garden Salad Bar	3 BBQ Chicken Drumstick OR LOCAL Black Bean Bowl ^V ~ LOCAL Black Beans & Rice, LOCAL Butternut Squash ~ Garden Salad Bar	4 Sal's LOCAL Famous Cheese Pizza ^V OR Roasted LOCAL Broccoli Pizza ^V ~ Garden Salad Bar
7 Hamburger ^H or Cheeseburger OR LOCAL Veggie Burger ^V ~ Crinkle-Cut Sweet Potato Fries ~ Garden Salad Bar	8 Chicken Pastelon OR LOCAL Black Bean Pastelon ^V ~ Dinner Roll Steamed Green Peas ~ Garden Salad Bar	9 Turkey Broccoli Alfredo with Penne Pasta OR Broccoli Alfredo with Penne Pasta ^V ~ Garden Salad Bar	10 LOCAL Tikka Masala with Chicken OR Chickpea Curry ^V ~ Brown Rice ~ Garden Salad Bar	11 LOCAL Sal's Famous Cheese Pizza ^V OR BBQ Chicken LOCAL Pizza ~ Garden Salad Bar
14 CLOSED	15 LOCAL Bean Chili with Tortilla Chips ^V OR Tuna Melt Sandwich ~ Greek Salad Bar	16 Spaghetti & Meatballs with Parmesan ^H OR LOCAL Veggie Meatball Sub ^V ~ Greek Salad Bar	17 Student Choice Menu Day ~ Greek Salad Bar	18 LOCAL Sals's Famous Cheese Pizza ^V OR Pepper & Onion LOCAL Pizza ^V ~ Greek Salad Bar
21 Hamburger ^H or Cheeseburger OR LOCAL Veggie Burger ^V ~ Roasted LOCAL Sweet Potato ~ Greek Salad Bar	22 American Chop Suey OR Grilled Cheese ^V ~ Roasted LOCAL Broccoli ~ Greek Salad Bar	23 BBQ Turkey Sub OR Mac & Cheese ^V ~ Steamed Green Peas ~ Greek Salad Bar	24 Chicken Parmesan Sandwich ^H OR Eggplant Parmesan Sandwich ^V ~ Greek Salad Bar	25 LOCAL Sal's Famous Cheese Pizza ^V OR Roasted LOCAL Broccoli Pizza ^V ~ Greek Salad Bar
28 Teriyaki Chicken OR Teriyaki Black Bean & Broccoli Stir Fry ^V ~ Brown Rice Roasted LOCAL Broccoli ~ Fiesta Salad Bar	29 LOCAL Fish Tacos OR Cheese Bites ^V ~ Roasted Corn ~ Fiesta Salad Bar	30 Meatball Sub OR LOCAL Veggie Meatball Sub ^V ~ Roasted Potato Wedges ~ Fiesta Salad Bar	31 BBQ Chicken Drumstick OR LOCAL Black Bean Bowl ^V ~ LOCAL Black Beans & Rice, LOCAL Butternut Squash ~ Fiesta Salad Bar	

BPS EATS

OCTOBER

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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Monday	Tuesday	Wednesday	Thursday	Friday
	1 LOCAL Fish Tacos OR Cheese Bites ^V ~ Roasted Corn ~ Apple	2 Meatball Sub OR LOCAL Veggie Meatball Sub ^V ~ Roasted Potato Wedges ~ Clementines	3 BBQ Chicken Patty OR LOCAL Black Bean Bowl ^V ~ LOCAL Black Beans & Rice Roasted LOCAL Butternut Squash ~ Pear	4 Sal's LOCAL Famous Cheese Pizza ^V Cucumber Slices ~ Banana
7 Boston Hamurger or Cheeseburger OR LOCAL Boston Veggie Burger ^V ~ Crinkle-Cut Sweet Potato Fries Orange	8 Chicken Pastelon OR Black Bean Pastelon ^V ~ Dinner Roll Steamed Green Peas ~ Apple	9 Turkey Broccoli Alfredo with Penne Pasta OR Broccoli Alfredo with Penne Pasta ^V Steamed Broccoli Clementines	10 LOCAL Tikka Masala with Chicken OR Chickpea Curry ^V ~ Brown Rice Chickpeas Pear	11 Sal's LOCAL Famous Cheese Pizza ^V Cucumber Slices Banana
14 CLOSED	15 Bean Chili with Tortilla Chips ^V OR Tuna Melt Sandwich Roasted Carrots Apple	16 Spaghetti & Meatballs with Parmesan OR Veggie Meatball Sub ^V Chickpeas Clementines	17 Student Choice Menu Day ~ Cucumber Slices Pear	18 Sal's LOCAL Famous Cheese Pizza ^V Cucumber Slices Banana
21 Boston Hamburger or Cheeseburger OR LOCAL Boston Veggie Burger ^V ~ LOCAL Roasted Sweet Potato Fries Orange	22 American Chop Suey OR Grilled Cheese ^V ~ Roasted LOCAL Broccoli ~ Apple	23 BBQ Turkey Sub OR Mac & Cheese ^V ~ Steamed Green Peas Clementines	24 Chicken Parmesan Sandwich OR Eggplant Parmesan Sandwich ^V Chickpeas Cucumber Slices Pear	25 Sal's LOCAL Famous Cheese Pizza ^V Cucumber Slices Banana
28 Teriyaki Chicken OR Teriyaki LOCAL Black Bean & Broccoli StirFry ^V with Mozzarella Cheese ~ Brown Rice Roasted LOCAL Broccoli	29 LOCAL Fish Tacos OR Cheese Bites ^V ~ Roasted Corn ~ Apple	30 Meatball Sub OR LOCAL Veggie Meatball Sub ^V ~ Roasted Potato Wedges ~ Clementines	31 BBQ Chicken Patty OR LOCAL Black Bean Bowl ^V ~ LOCAL Black Beans & Rice LOCAL Butternut Squash ~ Pear	

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Cheese Lasagna ~ Vegetarian Chili</p>	<p style="text-align: center;">Chicken Patty with Rice & Beans ~ Vegetarian Chili</p>	<p style="text-align: center;">Spaghetti & Meatballs with Peas ~ Vegetarian Chili</p>	<p style="text-align: center;">Turkey Noodle Casserole with Carrots ~ Vegetarian Chili</p>	<p style="text-align: center;">Turkey with Potatoes, Peas & Carrots ~ Vegetarian Chili</p>

BPS EATS WEEKLY KOSHER MENU

- Fresh Fruit Served During Breakfast and Lunch
- Menu is Subject to Change
- This Institution is an Equal Opportunity Provider
- Applesauce and Raisins are also Available

October 2024

