

BPS EATS

SEPTEMBER 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
 - Please note: If you have a food allergy please speak to the school nurse and advise your kitchen manager
- Themed Salad Bars:**
9/5 - 9/13 - Fiesta Salad
9/16 - 9/27 - Cobb Salad
9/30 - Garden Salad



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>Scan the QR code to access nutrition information, allergen information, and specific fruit offerings</p> 			<p>5 BBQ Chicken Drumstick OR Black Bean Bowl^V ~ LOCAL Black Beans & Rice, Roasted LOCAL Butternut Squash</p>	<p>6 Sal's Famous Cheese Pizza^V OR Roasted Broccoli Pizza^V</p>
<p>9 Boston Burger or Cheeseburger^H OR LOCAL Boston Veggie Burger^V ~ Crinkle-Cut Sweet Potato Fries</p>	<p>10 Chicken Pastelon OR Black Bean Pastelon^V ~ Dinner Roll Steamed Green Peas</p>	<p>11 Turkey Broccoli Alfredo with Penne Pasta OR Broccoli Alfredo with Penne Pasta^V</p>	<p>12 Chicken Tikka Masala OR Chickpea Curry^V ~ Brown Rice</p>	<p>13 Sal's Famous Cheese Pizza^V OR BBQ Chicken Pizza ~</p>
<p>16 Turkey Fajitas with Peppers, Onions & Cheddar OR Black Bean Soft Tacos with Cheddar^V ~ Roasted LOCAL Broccoli</p>	<p>17 Bean Chili with Tortilla Chips^V OR Tuna Melt Sandwich</p>	<p>18 Spaghetti & Meatballs with Parmesan^H OR Veggie Meatball Sub^V</p>	<p>19 LOCAL Cheese & Veggie Empanada OR LOCAL Roasted Corn Empanada^V ~ Corn Salad</p>	<p>20 Sals's Famous Cheese Pizza^V OR Pepper & Onion Pizza^V</p>
<p>23 Boston Hamburger or Cheeseburger^H OR LOCAL Boston Veggie Burger^V ~ LOCAL Roasted Sweet Roasted Potato Fries</p>	<p>24 American Chop Suey OR Grilled Cheese^V ~ Roasted LOCAL Broccoli</p>	<p>25 BBQ Turkey Sub OR Mac & Cheese^V ~ Steamed Green Peas</p>	<p>26 Chicken Parmesan Sandwich^H OR Eggplant Parmesan Sandwich^V</p>	<p>27 Sal's Famous Cheese Pizza^V OR Roasted Broccoli Pizza^V</p>
<p>30 Teriyaki Chicken OR Teriyaki Black Bean & Broccoli StirFry^V ~ Brown Rice Roasted LOCAL Broccoli</p>				

BPS EATS

SEPTEMBER

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



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Monday	Tuesday	Wednesday	Thursday	Friday
Scan the QR code to access nutrition information, allergen information, and specific fruit offerings 			5 BBQ Chicken Patty OR Black Bean Bowl ^V ~ LOCAL Black Beans & Rice Roasted LOCAL Butternut Squash Pear	6 Sal's Famous Cheese Pizza ^V ~ Cucumber Slices Banana
9 Boston Hamurger or Cheeseburger OR LOCAL Boston Veggie Burger ^V ~ Crinkle-Cut Sweet Potato Fries Watermelon	10 Chicken Pastelon OR Black Bean Pastelon ^V ~ Dinner Roll Steamed Green Peas ~ Clementines	11 Turkey Broccoli Alfredo with Penne Pasta OR Broccoli Alfredo with Penne Pasta ^V ~ Steamed Broccoli Apple	12 Chicken Tikka Masala OR Chickpea Curry ^V ~ Brown Rice Chickpeas Pear	13 Sal's Famous Cheese Pizza ^V ~ Cucumber Slices Banana
16 Turkey Fajitas with Peppers, Onions & Cheddar OR Black Bean Soft Tacos with Cheddar ^V ~ Roasted LOCAL Broccoli Watermelon	17 Bean Chili with Tortilla Chips ^V OR Tuna Melt Sandwich Roasted Carrots Clementines	18 Spaghetti & Meatballs with Parmesan OR Veggie Meatball Sub ^V Chickpeas Apple	19 LOCAL Cheese & Veggie Empanada OR LOCAL Roasted Corn Empanada ^V ~ Corn Salad ~ Pear	20 Sals's Famous Cheese Pizza ^V ~ Cucumber Slices Banana
23 Boston Hamburger or Cheeseburger OR LOCAL Boston Veggie Burger ^V ~ LOCAL Roasted Sweet Potato Fries Watermelon	24 American Chop Suey OR Grilled Cheese ^V ~ Roasted LOCAL Broccoli ~ Clementines	25 BBQ Turkey Sub OR Mac & Cheese ^V ~ Steamed Green Peas ~ Apple	26 Chicken Parmesan Sandwich OR Eggplant Parmesan Sandwich ^V Chickpeas Cucumber Slices Pear	27 Sal's Famous Cheese Pizza ^V ~ Cucumber Slices Banana
30 Teriyaki Chicken OR Teriyaki Black Bean & Broccoli StirFry with Mozzarella Cheese ^V ~ Brown Rice Roasted LOCAL Broccoli Watermelon				