

# Boston Public Schools Summer Meals Menu

# July 2017

### DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on the menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats

### BREAKFAST MENU

Monday: Oatmeal Breakfast Round

Tuesday: Apple Cinnamon Dip w/  
Graham Crackers

Wednesday: Corn Muffin

Thursday: Multigrain Cheerios Cereal

Friday: Yogurt w/ Graham Crackers

#### Breakfast Includes

Assorted Fruit

1% Milk

#### Lunch Milk Choices

1% Milk

Fat-Free Chocolate Milk

### PLEASE NOTE

- If you have a food allergy please speak with your Program Coordinator.
- Menu is subject to change.

Dept. of Food & Nutrition Services

(617) 635 9144

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Session Closed	4 Session Closed 4th of July	5 Turkey & Cheese Sandwich Fruit Variety	6 Yogurt Cup Granola Carrots & Fresh Fruit	7 Sun Butter & Jelly Sandwich, Fruit Variety
10 Yogurt Cup Granola Carrots & Fresh Fruit	11 Chicken Salad Sandwich Carrots & Fresh Fruit	12 Buffalo Chicken Salad w/ Ranch Dressing Dinner Roll	13 Turkey & Cheese Sandwich Fruit Variety	14 <b>Nacho Cheese Pack</b> (Cheddar Cheese, w/ Salsa, Sunflower Seeds, Tortilla Chips, Fruit)
17 Yogurt Cup Granola Carrots & Fresh Fruit	18 Tuna Salad Sandwich Carrots & Fresh Fruit	19 Buffalo Chicken Wrap With Lettuce & Cherry Tomatoes	20 Chef Salad w/ Carrots Italian Dressing Dinner Roll	21 Sun Butter & Jelly Sandwich, Fruit Variety
24 Yogurt Cup Granola Carrots & Fresh Fruit	25 Chicken Salad Sandwich Carrots & Fresh Fruit	26 Turkey & Cheese Sandwich Fruit Variety	27 Buffalo Chicken Salad w/ Ranch Dressing Dinner Roll	28 <b>Nacho Cheese Pack</b> (Cheddar Cheese, w/ Salsa, Sunflower Seeds, Tortilla Chips, Fruit)
31 Yogurt Cup Granola Carrots & Fresh Fruit				