



October 2018 K-8 Lunch Menu!!

Menu subject to change

Students must take 3 full items including a 1/2 cup fruit or vegetables

Click on the item below to view the nutritional values:

- [Milk](#)
- [Juice](#)
- [Fruit](#)
- [Chilled Fruit](#)
- [Condiment](#)

All Bread items are Whole Wheat or Whole Grain, Daily Alt-Chef Choice, Tues & Thurs specialty salad
Milk choice includes 1%, fat free, & flavored fat free

Baby Carrots offered daily, Veggie Crunchers & Hummus T&Th
Fun Lunch, PBJ Sandwich, and Grilled Cheese Offered Daily

***A Doctor's NOTE is REQUIRED for ALL Special Diets. The note must state what foods the Student cannot consume. The School Nurse and Cafeteria both need a copy. Certain items on this Menu may or may not be available in the Cafeteria with out a Doctor's Note on file.**

AT BPS Child Nutrition Services, it is our goal to serve as much NYS grown produce as possible. Examples include NYS Apples, NYS Onions, NYS Fresh Maple Syrup, NYS Tomatos, and all of our F2S Items. These items can also be found on the Salad Bar.

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Grilled Cheese Salad W/ Spinach Chocolate Pudding Fresh/Chilled Fruit -NYS Milk Choice-	2	BBQ Chicken Sandwich Baked Beans Baked Nacho Cheese Doritos Fresh/Chilled Fruit -NYS Milk Choice-	3	-No School- -TBD-	4	BBQ Teriyaki Chicken Seasoned Brown Rice WG Vegetable Egg Roll Cherry Lime Italian Ice F2S Apple Kale salad Fresh/Chilled Fruit -NYS Milk Choice-	5	Fish Taco with NYS Cabbage Potato Tater Tot Tartar Sauce Fresh/Chilled Fruit -NYS Milk Choice-
8	-No School- 	9	Chicken Parmesan WG Penne Pasta Green Bean WG Breadstick Fresh/Chilled Fruit -NYS Milk Choice-	10	Your Way Wednesday! Beef Sloppy Joe - Choose a Bread- Seasoned Brown Rice Dinner Roll WG Kaiser Roll Sweet Corn Fresh/Chilled Fruit -NYS Milk Choice-	11	Chicken Nuggets Sweet and Sour Sauce Teriyaki Sauce F2S Apple Kale salad French Fry Crinkle Cut Corn Muffin Fresh/Chilled Fruit -NYS Milk Choice-	12	Korean BBQ Beef Yakisoba Noodles Dinner Roll Broccoli, Steamed Fresh/Chilled Fruit -NYS Milk Choice-
15	Cheese Pizza Salad W/ Spinach Chocolate Pudding Fresh/Chilled Fruit -NYS Milk Choice-	16	Bacon Cheese Burger Onion Rings Mixed Vegetable Fresh/Chilled Fruit -NYS Milk Choice-	17	Your Way Wednesday! Turkey Taco Meat - Choose a Bread- WG Tortilla Wrap Tostitos Tortilla Bowl Seasoned Brown Rice Black Beans F2S Fresh Salsa Fresh/Chilled Fruit -NYS Milk Choice-	18	Breaded Chicken Drumstick Mini maple Waffles F2S Apple Kale salad Sweet Potato Fries NYS Syrup Tortilla Bowl Fresh/Chilled Fruit -NYS Milk Choice-	19	Meatloaf Sandwich Potato, Mashed Fresh Green peas Fresh/Chilled Fruit -NYS Milk Choice-
22	Grilled Cheese Salad W/ Spinach Chocolate Pudding Fresh/Chilled Fruit -NYS Milk Choice-	23	Roasted Chicken French Fry Crinkle Cut Carrots, Coins Corn Muffin Fresh/Chilled Fruit -NYS Milk Choice-	24	Your Way Wednesday! Flatbread Pizza with Tomato Flatbread Pizza with Broccoli Flatbread Pizza with Chorizo Salad W/ Romaine Fresh/Chilled Fruit -NYS Milk Choice-	25	Breaded Chicken Patty WG Kaiser Roll Red Potato Roasted F2S Apple Kale salad Fresh/Chilled Fruit -NYS Milk Choice-	26	Penne Pasta w/ Meatsauce WG Breadstick Cauliflower BIRTHDAY FRIDAY! Mini Rice Krispy Fresh/Chilled Fruit -NYS Milk Choice-
29	Cheesy Penne Pasta Alfredo WG Breadstick Salad W/ Romaine Fresh/Chilled Fruit -NYS Milk Choice-	30	BBQ Teriyaki Chicken Seasoned Brown Rice Green Bean Dinner Roll Cherry Lime Italian Ice Fresh/Chilled Fruit -NYS Milk Choice-	31	Your Way Wednesday! NYS Hamburger WG Kaiser Roll Baked Beans Harvest cookie NYS Apple Cider Fresh/Chilled Fruit -NYS Milk Choice-	Under the Community Eligibility Provision of the USDA, All BPS Students Recieve A Meal At No charge for both Breakfast and Lunch. This includes Charter and Private Schools that BPS services.			

The **USDA** is an equal opportunity provider and employer.