



Bronx Academy of Promise

Lunch Menu

Meal Includes:

Entrée, Vegetable, Fruit, Whole Wheat Bread, and Milk

Nov. 28 – Dec. 2, 2016	Monday 11/28	Tuesday 11/29	Wednesday 11/30	Thursday 12/1	Friday 12/2
Hot Meals	Chicken Parmesan w/Tomato Sauce Penne Pasta Seasoned Collard Greens	BBQ Chicken w/Brown Rice Black Beans Mixed Vegetables	Sloppy Joe's on a Bun Tater Tots Green Beans	Chicken Strips Fusilli Pasta w/Creamy Tomato Sauce Corn on the Cob	<u>Homemade Pizza</u> Pepperoni Pizza or Cheese Pizza
Sandwich Meals	<u>Deli Wraps!</u> <u>Italian Sub</u> Turkey, Ham American Cheese on a Whole Wheat Club Roll Tossed Romaine Salad or Sunbutter & Jelly Sandwich	<u>Deli Wraps!</u> <u>Chicken Salad Wrap</u> Cubed Chicken, Celery & Mayo on a Whole Wheat Club Roll Tossed Romaine Salad or Sunbutter & Jelly Sandwich	<u>Hot Panini!</u> <u>Tuna Melt</u> Cheddar Cheese, Celery, Lettuce & Tomato on a W. W. Roll 3 Bean Salad or Sunbutter & Jelly Sandwich	<u>Deli Wraps!</u> <u>Turkey BLT Wrap</u> Turkey & Turkey Bacon, Lettuce & Tomato on a Whole Grain Wrap or Sunbutter & Jelly Sandwich	Carrot Sticks or Tossed Romaine Salad or Sunbutter & Jelly Sandwich
Salad Bar	Dark Salad Greens w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas	Dark Salad Greens w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas	Dark Salad Greens w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas	Dark Salad Greens w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas	Dark Salad Greens w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas

Available at Every Lunch: Variety of fruit served at every lunch, such as: Whole Apples, Bananas, Orange Wedges and

Assorted Cupped Fruit: Peaches, Pineapples, Pears

Milk: Low-Fat White and Non-Fat Chocolate

Note: Students may choose daily between the Tossed Romaine Salad and the cooked vegetable of the day