

Have a Great Day!

Bronx Academy of Promise
Lunch Menu

January 2018

Meal Includes: Meat/Meal Alternate, Grains, Fruit and Milk



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>New Year's Day</p> <p>School Closed</p>	<p>2</p> <p>Chicken cutlet sandwich with cheddar cheese, waffle fries</p> <p>Tuna salad sandwich, lettuce and tomato</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>3</p> <p>Cheese Ravioli w/Marinara Sauce Tossed Green Salad Garlic Bread</p> <p>Cuban Sandwich - Turkey/Ham, Turkey, Swiss Cheese on a Pita</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>4</p> <p>Baked Chicken, Orzo Pasta, Sautéed Greens, Chick Peas</p> <p>BLT – Turkey Bacon, Lettuce & Tomatoes in a Whole Wheat Wrap</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>5</p> <p>Pepperoni or cheese pizza, carrot sticks & salad</p> <p>Peanut butter and jelly sandwich</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>
<p>8</p> <p>Turkey Bolognese, fusilli pasta, steamed broccoli, dinner roll</p> <p>Turkey and cheese on W. W. Bread w/ lettuce and tomato</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>9</p> <p>BBQ Chicken Mashed Potatoes Pink Beans Cuban Sandwich Turkey/Ham, Turkey, & Swiss on a Pita</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>10</p> <p>Pepper Steak Sandwich w/American Cheese on a W. W. Roll</p> <p>Curly Fries & Green Beans</p> <p>Tuna Melt on W.W. Sliced Bread</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>11</p> <p>Beef Shepard's Pie, Carrots, Peas & House Green Salad</p> <p>Crispy Chicken Wrap, American Cheese, Lettuce & Tomato</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>12</p> <p>Pepperoni or cheese pizza, carrot sticks & salad</p> <p>Peanut butter and jelly sandwich</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>
<p>15</p> <p>Dr. Martin Luther King Jr. Day</p> <p>School Closed</p>	<p>16</p> <p>Chicken burrito, Tortilla, rice, beans, guacamole, sour cream</p> <p>Ham, turkey, cheese, lettuce & tomato on Whole Wheat Bread</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>17</p> <p>Chicken alfredo with farfalle pasta, broccoli, dinner roll</p> <p>Pastrami Reuben sandwich, cabbage & Swiss on w/w bread</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>18</p> <p>Beef Stew Brown Rice Seasoned Corn Grilled Turkey/Ham Cheddar Sandwich</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>19</p> <p>Pepperoni or cheese pizza, carrot sticks & salad</p> <p>Peanut butter and jelly sandwich</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>
<p>22</p> <p>Spaghetti and meatballs, marinara sauce, green beans</p> <p>Meatball sandwich, mozzarella on w/w club roll</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>23</p> <p>Jerk chicken, rice, beans, collard greens</p> <p>Spicy chicken sandwich, American cheese, lettuce & tomato</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>24</p> <p>All Beef Hot Dogs Whole Wheat Bun Baked Beans Carrot Sticks</p> <p>Turkey BLT on Whole Wheat Bread</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>25</p> <p>Lemon Chicken Mediterranean Couscous, Yellow Corn Chicken Gyro on a W.W. Pita, Lettuce & Tomato, Lite Yogurt Sauce</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>26</p> <p>French Bread Pizza Carrot Sticks</p> <p>Peanut butter and jelly sandwich</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>
<p>29</p> <p>Chicken tenders, puzzle potatoes, beans & corn, W. W. Bread</p> <p>Italian sub, turkey, salami, provolone, lettuce & tomato</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>30</p> <p>Crunchy beef tacos, on corn tortillas cheese blend, sour cream, mixed vegetables</p> <p>Sloppy joe sandwiches on whole grain bun</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>	<p>31</p> <p>Oven roasted chicken, mashed sweet potato, green beans, W.W. Bread</p> <p>Turkey/ham and Swiss cheese panini on w/w pita</p> <p>Fresh or Cupped Fruit Non-fat& 1% Milk</p>		

Available at Every Lunch

Grain: Bagels, English Muffins, Whole Wheat Bread,

Milk: Low-Fat White and Non-Fat Chocolate

Fruit: Fresh fruit & Cup Fruit

Water available at every meal

This institution is an equal opportunity provider