



# Bronx Academy of Promise

## Lunch Menu

Meal Includes:

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

| March 6 - 10, 2017            | Monday 3/6   | Tuesday 3/7   | Wednesday 3/8  | Thursday 3/9  | Friday 3/10  |
|-------------------------------|--|---|--|---|--|
| <b>Hot Meals</b>              | Hot Dogs (All Beef)<br>Whole Wheat Bun<br>Savory Beans   | Spanish-style<br>Chicken Stew<br>Rice & Peas<br>Sweet Plantain  | Cheddar<br>Cheeseburgers<br>Whole Wheat Bun<br>Green Beans   | Shepard's Pie<br>w/Ground Beef,<br>Carrots, Tomatoes<br>& Irish Cheddar<br>Cheese<br>Tossed Green Salad   | Pepperoni Pizza<br>or<br>Hawaiian Pizza<br>Carrot Sticks   |
| <b>Soup of Sandwich Meals</b> | <b><u>Turkey BLT Wrap</u></b><br>Sliced Turkey<br>Turkey Bacon,<br>Lettuce & Tomato<br>on a Whole Grain<br>Toasted Bread             | <b><u>Tomato &amp; Cheese Panini</u></b><br>Tomato & Cheese<br>Toasted on a Pita<br><br><b><u>or</u></b><br>Butternut Squash<br>Soup<br>& Whole Wheat<br>Crackers | <b><u>Toasted Ham &amp; Swiss Cheese Sandwich</u></b><br><br>Ham & Swiss Cheese<br>on a<br>Whole Wheat Club<br>Roll                  | <b><u>Tuna Salad Wrap</u></b><br>Tuna w/celery, onions<br>& mayo on a Tortilla<br><br><b><u>or</u></b><br>Butternut Squash<br>Soup<br>& Whole Wheat<br>Crackers | <b><u>Soy butter &amp; Jelly</u></b><br><br>Soy butter &<br>Grape Jelly on<br>Whole Wheat Bread                                      |
| <b>Salad Bar</b>              | <b>Dark Salad Greens</b><br>w/Shredded Carrots,<br>Cherry Tomatoes,<br>Hard-Cooked Eggs<br>Bell Peppers,<br>Cucumbers,<br>Chick Peas | <b>Dark Salad Greens</b><br>w/Shredded Carrots,<br>Cherry Tomatoes,<br>Hard-Cooked Eggs<br>Bell Peppers,<br>Cucumbers,<br>Chick Peas                              | <b>Dark Salad Greens</b><br>w/Shredded Carrots,<br>Cherry Tomatoes,<br>Hard-Cooked Eggs<br>Bell Peppers,<br>Cucumbers,<br>Chick Peas | <b>Dark Salad Greens</b><br>w/Shredded Carrots,<br>Cherry Tomatoes,<br>Hard-Cooked Eggs<br>Bell Peppers,<br>Cucumbers,<br>Chick Peas                            | <b>Dark Salad Greens</b><br>w/Shredded Carrots,<br>Cherry Tomatoes,<br>Hard-Cooked Eggs<br>Bell Peppers,<br>Cucumbers,<br>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*