



Bronx Academy of Promise

Lunch Menu

Meal Includes:

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

Jan. 30 - Feb. 3, 2017	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
Hot Meals	Hamburgers Cheeseburgers Veggieburgers Whole Wheat Bun Savory Beans	Chicken Fajitas on a Soft Tortilla Sautéed Spinach Brown Rice	Sloppy Joes on a Whole Wheat Bun Yellow Corn Tomato & Green Pepper Salad w/Italian Dressing	Chicken Tenders w/Dipping Sauce TaterTots Green Beans Whole Wheat Dinner Roll	Hot Dog on Whole Wheat Roll Carrot Sticks Fresh Fruit 1% or Non-Fat Milk
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	or Sunbutter & Jelly Sandwich 11:30 AM Dismissal
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