



Bronx Academy of Promise

Lunch Menu

Meal Includes:

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

October 17 - 21, 2016	Monday 10/17	Tuesday 10/18	Wednesday 10/19	Thursday 10/20	Friday 10/21
Hot Meals	Bone-in Baked Chicken Sweet Potatoes Mixed Vegetables Whole Grain Bread	Spanish-style Beef Stew Rice & Peas Green Beans W.W. Dinner Roll	Ground Turkey Bolognese w/Fusilli Pasta & Tomato Sauce Sautéed Spinach W.W. Dinner Roll	Chicken Cutlet w/Cheddar Cheese Sandwich Lettuce & Tomato on a Whole Wheat Bun Potato Salad Glazed Carrots	<u>Homemade Pizza</u> Hawaiian Pizza w/Turkey/Ham & Pineapple 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	Chick Peas & Black Bean Salad 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

This institution is an equal opportunity provider.