




# Bronx Academy of Promise

## Lunch Menu

Meal Includes:

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

October 3 - 7, 2016	Monday 10/3	Tuesday 10/4	Wednesday 10/5	Thursday 10/6	Friday 10/7
<b>Hot Meals</b>	<b>School Closed</b>  <b>Rosh Hashanah</b>  		Vegetable Beef Stew Oven Brownd Potatoes Yellow Wax Beans	Jambalaya Rice (Chicken Sausage, Chicken, Kidney Beans) Black Beans Whole Grain Dinner Roll	<u><b>Homemade Pizza</b></u>  Pepperoni Pizza or Cheese Pizza
<b>Sandwich Meals</b>			<u><b>Hot Panini!</b></u> <u><b>Tuna Melt</b></u> Cheddar Cheese, Celery, Lettuce & Tomato on a W. W. Roll 3 Bean Salad or Sunbutter & Jelly Sandwich	<u><b>Deli Wraps!</b></u> <u><b>Turkey BLT Wrap</b></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
<b>Salad Bar</b>			<b>Dark Salad Greens</b> w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas	<b>Dark Salad Greens</b> w/Shredded Carrots, Cherry Tomatoes, Hard-Cooked Eggs Bell Peppers, Cucumbers, Chick Peas	<b>Dark Salad Greens</b> 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.