







BPY January Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO Sessions	2 Beef Tacos  Soft and Hard Tacos Spanish Rice Roast Corn Salad Salsa, Shredded Lettuce, Tomatoes, Spicy Sauce	3 Split Pea Soup Mac N Cheese  Roasted Cauliflower Red Cabbage Salad Apple Sauce	4 Potato Leek Soup Chicken Nuggets for EC Chicken Poppers for K-8 Mushroom Egg Barley Green Peas 	1 Pizza  Roasted Carrots Caesar Salad
8 French Onion Soup Shredded Mozzarella Croutons Plain Penne Warm Pesto Warm Marinara Parmesan Cheese Garlic Roasted Broccoli	9 Hamburgers on a seedless bun  Steak Fries Roasted String Beans Sliced Tomatoes Shredded Lettuce Pickles	10 Broccoli Cheddar Soup Fish Sticks Mash Potatoes Tatar Sauce Steamed Carrots	11 Egg Drop Soup Chicken with Broccoli Brown Rice Sugar Snap Peas	12 Pizza  Corn on the Cob Caesar Salad
15 Cream of Asparagus Soup Baked Ziti Green Beans	16 Vegetable Soup Shawarma Cous Cous Israeli Salad Pita Seed Free Hummus Baba Ghanouj	17 Pancakes Home Fries Yogurt Strawberries, Blue Berries Whipped Cream Baby Carrots	18 NO SESSIONS	19 NO SESSIONS
22 NO SESSIONS	23 NO SESSIONS	24 NO SESSIONS	25 NO SESSIONS	26 NO SESSIONS
29 Bagels Cream Cheese & Butter, Tuna Scrambled Eggs Steamed Broccoli and Cauliflower	30 Meat Balls Basmati Rice Garlic Roasted String Beans	31 Cauliflower Bisque Cheese Lasagna Roasted Asparagus Parmesan Cheese		

Available Daily

Bread Display

Assorted Seed Free Mini Bagels

Sliced whole wheat Bread

Sliced White Bread

Sliced Rye Bread

Cream Cheese, Butter, Sliced Cheese, and Jelly

Soy butter

Salad Bar

May Include

Greens

Romaine, Mesclun, Spinach, Arugula, Iceberg

Vegetables

Cucumbers, Tomatoes, Shredded Carrots, Assorted Peppers, Edamame, Cherry Tomatoes, Celery, Mushrooms, Roasted Sweet Potato, Roasted Zucchini, Roasted Squash, Roasted Mushrooms, Green Peas, Red Cabbage, Red Onion, Baby corn, Chick Peas, Black Beans, kidney Beans, Diced Beets, water Chestnuts, Pickles, Olives, Hearts of Palm,

Toppings

Croutons, Chinese Noodles, Terra Sticks, Quinoa, Craisins, Tuna, Hard Boiled Eggs, and Plain Pasta

Dressings

Italian, Creamy Italian, Balsamic Vinaigrette, French, Russian, Caesar, Raspberry Vinaigrette, Olive Oil, Lemon Juice

Whole Fruit

Apples, Oranges, Bananas, Peaches, and Plums

Fresh Fruit Cups

Assorted Yogurt