

Baltimore City Public Schools Food & Nutrition - Middle/High School Lunch Menu

Each day Baltimore City will offer:

Balanced meal options with a variety of different fruits and vegetables, a choice of Skim, 1%, Chocolate or Strawberry Milk, and appropriate condiments

In accordance with USDA guidelines, the student is encouraged to select items as suggested.

Menu is subject to change

August/September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AUG 31 Meatless Monday <u>Please Select One</u> Veggie Lasagna Grilled Cheese</p> <p><u>Please Select up to Two</u> Mixed Vegetables Steamed Broccoli Pineapple Tidbits Fresh Fruit</p>	<p>SEPT 1 Sandwich Combo <u>Please Select One</u> Hamburger / Cheeseburger 5" Super Sub</p> <p><u>Please Select up to Two</u> Romaine Salad Minestrone Soup Coleslaw Fresh Fruit</p>	<p>2 Chicken Choice <u>Please Select One</u> Diced Chicken and Gravy Turkey Breast and Cheese Melt</p> <p><u>Please Select up to Two</u> Green Beans Fresh Carrots Mashed Potatoes Fresh Fruit</p>	<p>3 Thursday Special <u>Please Select One</u> BBQ Cuban Pork Sandwich Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Baked Beans Spicy Potato Wedges Fresh Salsa Fresh Fruit</p>	<p>4 Pizza Friday <u>Please Select One</u> Pepperoni Pizza Cheese Pizza</p> <p><u>Please Select up to Two</u> Potato Rounds Mixed Greens Salad Celery Sticks w/ Dip Fresh Fruit</p>
<p>7</p> <p style="text-align: center;">Labor Day</p> <p style="text-align: center;">No School</p>	<p>8 Sandwich Combo <u>Please Select One</u> Tuna Wrap 5" Super Sub</p> <p><u>Please Select up to Two</u> Mixed Greens Salad Vegetable and Rice Soup Diced Pears Fresh Fruit</p>	<p>9 Chicken Choice <u>Please Select One</u> Chicken Tenders & Potato Roll Turkey Breast and Cheese Melt</p> <p><u>Please Select up to Two</u> Broccoli with Cheese Sc. Potato Rounds Cinnamon Apple Slices Fresh Fruit</p>	<p>10 Thursday Special <u>Please Select One</u> Asian Stir-Fry with rice Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Asian Snow Peas Vegetarian Egg Rolls Mandarin Oranges Fresh Fruit</p>	<p>11 Pizza Friday <u>Please Select One</u> Broccoli Calzone Cheese Pizza</p> <p><u>Please Select up to Two</u> Oven Fries Carrot Sticks Mixed Vegetables Fresh Fruit</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p>Meatless Monday <u>Please Select One</u> Pasta Primavera with mozzarella sticks Grilled Cheese w/ Tomato</p> <p><u>Please Select up to Two</u> Romaine Salad Garlic Bread Steamed Broccoli Fresh Fruit</p>	<p>15</p> <p>Sandwich Combo <u>Please Select One</u> Philly Cheese Steak 5" Super Sub</p> <p><u>Please Select up to Two</u> Mixed Green Salad Chicken Noodle Soup Oven Fries Fresh Fruit</p>	<p>16</p> <p>Chicken Choice <u>Please Select One</u> Chicken Nuggets Turkey Breast and Cheese Melt</p> <p><u>Please Select up to Two</u> Seasoned Greens Celery Sticks Mashed Potatoes Fresh Fruit</p>	<p>17</p> <p>Thursday Special <u>Please Select One</u> Beef and Broccoli Teriyaki with Noodles Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Garlic Green beans Steamed Carrots Pineapple Tidbits Fresh Fruit</p>	<p>18</p> <p>Pizza Friday <u>Please Select One</u> French Bread Pizza Cheese Pizza</p> <p><u>Please Select up to Two</u> Romaine Salad Mixed Vegetables Sliced Peaches Fresh Fruit</p>
<p>21</p> <p>Meatless Monday <u>Please Select One</u> Black Bean Nachos Grilled Cheese w/ Tomato</p> <p><u>Please Select up to Two</u> Corn Refried Beans Diced tomato / lettuce cup Fresh Fruit</p>	<p>22</p> <p>Sandwich Combo <u>Please Select One</u> Hot Dog on a roll 5" Super Sub</p> <p><u>Please Select up to Two</u> Baked Beans Potato Rounds Beef and Rice Soup Fresh Fruit</p>	<p>23</p> <p>Chicken Choice <u>Please Select One</u> Sweet n' Sour Chicken with Rice Turkey Breast and Cheese Melt</p> <p><u>Please Select up to Two</u> Steamed Broccoli Vegetarian Egg Rolls Mandarin Oranges Fresh Fruit</p>	<p>24</p> <p>Thursday Special <u>Please Select One</u> Home-style Meat Loaf with Potato Roll Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Mashed Potatoes Mixed Vegetables Apple Sauce Fresh Fruit</p>	<p>25</p> <p>Professional Development Day</p> <p>No School!</p>
<p>28</p> <p>Meatless Monday <u>Please Select One</u> Eggplant Parmesan with Mozzarella Sticks Grilled Cheese w/ Tomato</p> <p><u>Please Select up to Two</u> Green Beans Corn Diced Pears Fresh Fruit</p>	<p>29</p> <p>Sandwich Combo <u>Please Select One</u> Meatball Sub 5" Super Sub</p> <p><u>Please Select up to Two</u> Tomato Soup with noodles Romaine Salad Peas Fresh Fruit</p>	<p>30</p> <p>Chicken Choice <u>Please Select One</u> Chicken Patty on a bun Turkey Breast and Cheese Melt</p> <p><u>Please Select up to Two</u> Steamed Carrots Steamed Broccoli Potato Rounds Fresh Fruit</p>		

Baltimore City Public Schools Food & Nutrition - Cooking Breakfast Menu

Each day Baltimore City will offer:

A Balanced Breakfast with a choice of fresh fruit, and choice of Skim, 1%, Chocolate, or Strawberry milk each day.

In accordance with USDA guidelines, the student is encouraged to select items as suggested.

Menu is subject to change

October 2009

Week 1

Week 2

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatless Monday <u>Please Select One</u> Breakfast Break Cheese Omelet <u>Please Select One</u> Fresh Fruit Fruit Juice	Sandwich Combo <u>Please Select One</u> Breakfast Break Egg Sandwich <u>Please Select One</u> Fresh Fruit Fruit Juice	Whole Grain Wednesday <u>Please Select One</u> Breakfast Break Cinnamon French Toast <u>Please Select One</u> Fresh Fruit Fruit Juice	Thursday Special <u>Please Select One</u> Breakfast Break Muffin with Cheese Stick <u>Please Select One</u> Fresh Fruit Fruit Juice	Pizza Friday <u>Please Select One</u> Breakfast Break Sausage Breakfast Pizza <u>Please Select One</u> Fresh Fruit Fruit Juice
Meatless Monday <u>Please Select One</u> Breakfast Break Muffin with Yogurt <u>Please Select One</u> Fresh Fruit Fruit Juice	Sandwich Combo <u>Please Select One</u> Breakfast Break Egg & Cheese Biscuit <u>Please Select One</u> Fresh Fruit Fruit Juice	Whole Grain Wednesday <u>Please Select One</u> Breakfast Break Waffles and Sausage <u>Please Select One</u> Fresh Fruit Fruit Juice	Thursday Special <u>Please Select One</u> Breakfast Break Yogurt & Graham Crackers <u>Please Select One</u> Fresh Fruit Fruit Juice	Pizza Friday <u>Please Select One</u> Breakfast Break Egg Breakfast Pizza <u>Please Select One</u> Fresh Fruit Fruit Juice
Meatless Monday <u>Please Select One</u> Breakfast Break Breakfast Biscuit & Cheese <u>Please Select One</u> Fresh Fruit Fruit Juice	Sandwich Combo <u>Please Select One</u> Breakfast Break Breakfast Burrito <u>Please Select One</u> Fresh Fruit Fruit Juice	Whole Grain Wednesday <u>Please Select One</u> Breakfast Break Pancakes with Sausage <u>Please Select One</u> Fresh Fruit Fruit Juice	Thursday Special <u>Please Select One</u> Breakfast Break Bagel and Cream Cheese <u>Please Select One</u> Fresh Fruit Fruit Juice	Pizza Friday <u>Please Select One</u> Breakfast Break Breakfast Pizza <u>Please Select One</u> Fresh Fruit Fruit Juice