

Baltimore City Public Schools Food & Nutrition - Cooking Lunch Menu

Each day Baltimore City will offer:

A Balanced meal with a choice of four different fruits and vegetables each day.

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

Menu is subject to change

Week 1

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meatless Monday <u>Please Select One</u> Veggie Lasagna Grilled Cheese w/ Tomato</p> <p><u>Please Select up to Two</u> Mixed Vegetables Steamed Broccoli Pineapple Tidbits Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>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>1%, Chocolate, Strawberry, Non-fat Milk</p>	<p>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>1% White, Chocolate, Strawberry, Fat Free milk</p>	<p>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>1% White Chocolate, Strawberry, Fat Free milk</p>	<p>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>1% White, Chocolate, Strawberry, Fat Free milk</p>
<p>Meatless Monday <u>Please Select One</u> Chili Bowl with rice Grilled Cheese w/ Tomato</p> <p><u>Please Select up to Two</u> Tomato & Lettuce Cup Corn Refried Beans Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>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>1%, Chocolate, Strawberry, Non-fat Milk</p>	<p>Chicken Choice <u>Please Select One</u> Chicken Tenders 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>1% White, Chocolate, Strawberry, Fat Free milk</p>	<p>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>1% White Chocolate, Strawberry, Fat Free milk</p>	<p>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> <p>1% White, Chocolate, Strawberry, Fat Free milk</p>

Baltimore City Public Schools Food & Nutrition - Cooking Lunch Menu

Each day Baltimore City will offer:

A Balanced meal with a choice of four different fruits and vegetables each day.

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

Menu is subject to change

Week 3

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Thursday Special <u>Please Select One</u> Home-style Meat Loaf Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Mashed Potatoes Mixed Vegetables Apple Sauce Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Pizza Friday <u>Please Select One</u> Vegetable Pizza Cheese Pizza</p> <p><u>Please Select up to Two</u> Oven Fries Carrot Sticks Green Beans Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>

Baltimore City Public Schools Food & Nutrition - Cooking Lunch Menu

Each day Baltimore City will offer:

A Balanced meal with a choice of four different fruits and vegetables each day.

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

Menu is subject to change

Week 5

Week 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>1%, Chocolate, Strawberry, Non-fat milk</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>1%, Chocolate, Strawberry, Non-fat milk</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> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Thursday Special <u>Please Select One</u> Macaroni and Cheese Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Seasoned Greens Sweet Potatoes Apple Slices Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Pizza Friday <u>Please Select One</u> 5" Personal Pizza Cheese Pizza</p> <p><u>Please Select up to Two</u> Romaine Salad Mixed Vegetables Sliced Peaches Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>
<p>Meatless Monday <u>Please Select One</u> Baked Potato with Broccoli and Cheese Grilled Cheese w/ Tomato</p> <p><u>Please Select up to Two</u> Corn Bread Steamed Carrots Seasoned Greens Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Sandwich Combo <u>Please Select One</u> Buffalo Chicken Wrap 5" Super Sub</p> <p><u>Please Select up to Two</u> Fresh Veggies w/ Hummus Romaine Salad Spicy Potato Wedges Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Chicken Choice <u>Please Select One</u> Chicken and Turkey Enchilada Pie Turkey Breast and Cheese Melt</p> <p><u>Please Select up to Two</u> Steamed Broccoli Tomato and Lettuce Cup Sliced Peaches Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Thursday Special <u>Please Select One</u> Fiesta Beef and Mac Turkey Ham & Cheese Melt</p> <p><u>Please Select up to Two</u> Corn Green Beans Cinnamon Apple Slices Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Pizza Friday <u>Please Select One</u> Pizza Special Cheese Pizza</p> <p><u>Please Select up to Two</u> Oven Fries Carrot Sticks Mixed Vegetables Fresh Fruit</p> <p>1%, Chocolate, Strawberry, Non-fat milk</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 each day.

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

Menu is subject to change

Week 1

Week 2

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meatless Monday <u>Please Select One</u> Breakfast Break Cheese Omelet</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Sandwich Combo <u>Please Select One</u> Breakfast Break Egg Sandwich</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Whole Grain Wednesday <u>Please Select One</u> Breakfast Break Cinnamon French Toast</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Thursday Special <u>Please Select One</u> Breakfast Break Muffin with Cheese Stick</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Pizza Friday <u>Please Select One</u> Breakfast Break Sausage Breakfast Pizza</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>
<p>Meatless Monday <u>Please Select One</u> Breakfast Break Muffin with Yogurt</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Sandwich Combo <u>Please Select One</u> Breakfast Break Egg & Cheese Biscuit</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Whole Grain Wednesday <u>Please Select One</u> Breakfast Break Waffles and Sausage</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Thursday Special <u>Please Select One</u> Breakfast Break Yogurt & Graham Crackers</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Pizza Friday <u>Please Select One</u> Breakfast Break Egg Breakfast Pizza</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>
<p>Meatless Monday <u>Please Select One</u> Breakfast Break Breakfast Biscuit & Cheese</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Sandwich Combo <u>Please Select One</u> Breakfast Break Breakfast Burrito</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Whole Grain Wednesday <u>Please Select One</u> Breakfast Break Pancakes with Sausage</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Thursday Special <u>Please Select One</u> Breakfast Break Bagel and Cream Cheese</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>	<p>Pizza Friday <u>Please Select One</u> Breakfast Break Breakfast Pizza</p> <p><u>Please Select One</u> Fresh Fruit Fruit Juice</p> <p>1%, Chocolate, Strawberry, Non-fat milk</p>