



# Boca Prep International

## April 2017 Menu

**SCHOOL LUNCH WAS NEVER LIKE THIS!**

**Our Foods NEVER contain:**

- High Fructose Corn Syrup
- Artificial Trans-fats
- Artificial Flavors and Colors
- Artificial Nitrates
- MSG

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hamburgers & Cheeseburgers with Sweet Potato French Fries and Roasted Corn Soup of the Day -or- Veggie Burger (VEG) -or- Deli Bar	4 Baked Ziti with Garlic Bread and Honey Glazed Carrots -or- Baked Ziti (VEG) -or- Deli Bar <b>WT Creation</b>	5 Carving Station: Slow Roasted Turkey with Baked Potato and Mixed Veggies Soup of the Day -or- Loaded Baked Potato and Mixed Veggies (VEG) -or- Deli Bar	6 Steak & Cheese Sub with Orzo and Edamame -or- Cheese Quesadilla (VEG) -or- Deli Bar	7 Baked Chicken Tenders with Home Fries and Roasted Broccoli Soup of the Day -or- Veggie Burger or Tofu (VEG) -or- Deli Bar
10 Cheese or Chicken Quesadillas with Nachos and Fresh Salsa Soup of the Day -or- Cheese Quesadilla (VEG) -or- Deli Bar (Caprese Sandwich)	11 Taco Tuesday with Rice and Beans -or- Cheese Quesadilla (VEG) -or- Deli Bar (Caprese Sandwich) <b>WT Creation</b>	12 Pasta Bar with Red or White Sauce, Chicken, and Broccoli Soup of the Day -or- Pasta Bar with Red or White Sauce (VEG) -or- Deli Bar (Caprese Sandwich)	13 Baked Fish Sticks (VEG) with Baked Potato and Roasted Kale -or- Deli Bar (Caprese Sandwich) <b>WT Creation</b>	14 No School  <b>School Holiday</b>
17 No School  <b>School Holiday</b>	18 Baked Chicken Tenders with Home Fries and Sauteed Squash Mix -or- Veggie Burger or Tofu (VEG) -or- Deli Bar <b>WT Creation</b>	19 Penne with Meat Sauce, Breadsticks and Roasted Broccoli Soup of the Day -or- Penne Marinara (VEG) -or- Deli Bar	20 French Bread Pizza (VEG) with Caesar Salad and Organic Baby Carrots -or- Deli Bar <b>WT Creation</b>	21 Burrito Bowl with Chicken, Rice and Beans Soup of the Day -or- Rice and Black Beans (VEG) -or- Deli Bar
24 Meatball Sub with Garlic Penne and Roasted Broccoli Soup of the Day -or- Garlic Penne and Roasted Broccoli -or- Deli Bar	25 Slow Roast Chicken and Mashed Potatoes, with Organic Carrots -or- Veggie Burger (VEG) -or- Deli Bar <b>WT Creation</b>	26 Carving Station: Roast Beef with Baked Potato and Roasted Kale Soup of the Day -or- Cheese Quesadilla (VEG) -or- Deli Bar	27 Mojo Pork with Basil Lime Rice and Edamame -or- Tofu with Basil Lime Rice and Edamame (VEG) -or- Deli Bar <b>WT Creation</b>	28 Buffalo Style OR Plain Chicken Tender Sandwich with Sweet Potato Fries and Mixed Veggies Soup of the Day -or- Veggie Burger or Tofu (VEG) -or- Deli Bar

**Available Daily:**

**Salad Bar:** A variety of fresh lettuce, veggies and house-made dressings. Soup of the day will be offered every Monday, Wednesday and Friday.

**Deli Station:**

We will offer a variety of All-Natural, nitrate-free deli meats, along with a variety of fresh, locally sourced veggies, and house-made dressings. Students have the choice to order a cold sub, or to have their sub hot pressed on our Panini maker!

**WT Creation:** We will offer one of our delicious, from-scratch, desserts every Tuesday and Thursday!



**National Florida Tomato Month**

Let's celebrate this month Farm-to-Table style! Our Deli Station will feature fresh, house-made Caprese Sandwiches. We will sample fresh tomato dishes, including our house made marinara sauce and our fresh tomato salsa!

We serve fresh fruits and vegetables DAILY and rotate the choices each day! We serve all vegetables roasted, baked, or raw.

Lunch Schedule:  
 11:00-11:50 PreK-5  
 11:50-12:30 6-8  
 12:30-1:10 9-12

**If you have special dietary concerns about your child regarding allergies, please contact us directly at 561-779-5604.**