



# Boca Prep International August 2017 Menu

**SCHOOL LUNCH WAS NEVER LIKE THIS!**

**OUR FOODS NEVER CONTAIN:**

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

Monday	Tuesday	Wednesday	Thursday	Friday
*If you have special dietary concerns about your child regarding allergies, please contact us directly at 561-779-5604	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
		Pasta Bar with Red or White Sauce, Chicken, and Roasted Broccoli Soup of the Day -or- Penne with Red or White Sauce (VEG) -or- Deli Bar	Mojo Pork with Basil Lime Rice and Edamame -or- Veggie Burger or Tofu (VEG) -or- Deli Bar  WT Creation	Baked Chicken Tenders With Home Fries and Organic Baby Carrots Soup of the Day -or- Cheese Quesadilla (VEG) -or- Deli Bar
28	29	30	31	1
Cheese Quesadilla (+ or - Chicken) with Caesar Salad and Cheesy Nachos Soup of the Day -or- French Bread Pizza (VEG) -or-Deli Bar	Taco Tuesday! with Rice, Beans and Fiesta Corn -or- Rice and Beans with Veggies (VEG) -or- Deli Bar  WT Creation	Carving Station : Slow Roasted Turkey with Baked Potato and Roasted Kale Soup of the Day -or- Loaded Baked Potato (VEG) -or- Deli Bar	Lasagna or Veggie Lasagna with Roasted Broccoli -or- Veggie Lasagna (VEG) -or- Deli Bar  Tasting Day: Watermelon Sorbet WT Creation	BBQ Pulled Pork Sandwich with Baked Beans and Summer Squash 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!



**August: Watermelon**

Watermelon is actually in season from June through October. Why did we choose it for August, you ask? Because it is cold, delicious and refreshing! Perfect for our hot August days. Students can look for fresh cut watermelon as a side throughout the month. **This month's tasting: Watermelon Sorbet**

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