





Boca Prep International September 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
				1 Pulled BBQ Pork Sandwich with Baked Beans and Summer Squash VEG: Cheese Quesadilla Soup of the Day -or- Deli Bar
4 No School 	5 Hamburger or Cheeseburger Homemade Fries Mixed Veggies VEG: Veggie Burger or Tofu -or- Deli Bar WT Creation	6 Pasta Bar with Chicken and Red or White Sauce and Broccoli VEG: Pasta with Red or White Sauce Soup of the Day -or- Deli Bar	7 Turkey Enchiladas with Rice and Fiesta Corn VEG: Enchiladas -or- Deli Bar WT Creation	8 Baked Fish Sticks with Side of Pasta (Rotini with Garlic and Oil) and Kale VEG: Baked Fish Sticks Soup of the Day -or- Deli Bar
11 Baked Chicken Tenders Homemade French Fries Zucchini VEG: Cheese Quesadilla Soup of the Day -or- Deli Bar	12 Sausage & Peppers with Penne and Mixed Veggies VEG: Penne & Veggies -or- Deli Bar WT Creation	13 Carving Station: Roast Beef with Baked Potato and Organic Carrots VEG: Loaded Baked Potato Soup of the Day -or- Deli Bar	14 Cheese Ravioli with Caesar Salad and Mixed Veggies VEG: Cheese Ravioli -or- Deli Bar WT Creation	15 Cuban Sandwiches with Sweet Potato Fries and Roasted Broccoli VEG: Veggie Burger or Tofu Soup of the Day -or- Deli Bar
18 Grilled Chicken Sandwich Baked Home Fries and Roasted Carrots VEG: Cheese Quesadilla Soup of the Day -or- Deli Bar	19 Taco Tuesday with Rice and Fiesta Corn VEG: Veggie Tacos -or- Deli Bar WT Creation	20 Baked Ziti with Garlic Bread and Mixed Veggies VEG: Baked Ziti Soup of the Day -or- Deli Bar **Pizza Tasting**	21 	22 Steak n' Cheese Subs with Orzo and Edamame VEG: Veggie Burger or Tofu Soup of the Day -or- Deli Bar
25 Cheese or Chicken Quesadilla with Cheesy Nachos and Corn VEG: Cheese Quesadilla Soup of the Day -or- Deli Bar Tasting Day: Fresh Guacamole	26 Meatball Subs with Garlic Penne and Roasted Broccoli VEG: Veggie Burger -or- Deli Bar WT Creation	27 Carving Station: Turkey with Mashed Potatoes and Mixed Veggies VEG: Fiesta Veggie Wrap Soup of the Day -or- Deli Bar	28 Chicken Teriyaki Noodle Bowl with Mixed Veggies VEG: Teriyaki Noodle Bowl -or- Deli Bar WT Creation	29 Shepard's Pie VEG: Tofu or Veggie Burger Soup of the Day -or- Deli Bar

Available Daily:

Salad Bar: A variety of fresh lettuce, veggies and house-made dressings

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

September: Avocado

The avocado is a very nutritious fruit, containing 20 different vitamins and minerals! They are easy to add to salads, sandwiches and smoothies. In our opinion, though, avocados are best served as the main ingredient in **this month's tasting: Fresh Guacamole!**

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

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