



Boston Collegiate

April Lunch & COLD Menu



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------|---|--|--|--|--|
| | 1 | 2 | 3 | 4 | 5 - HALF DAY OF SCHOOL |
| BREAKFAST | WG Cereal & Fresh fruit | WG Corn Muffin and Fruit/Fruit Cup | WG Bagel with butter & Fresh fruit | WG French Toast Stick & Apple Sauce | WG Honey Bun & Fruit/Fruit Cup |
| ENTRÉE | Chicken nuggets w/ wg confetti rice | Chicken Parm with WG Pasta | Chicken Caesar salad WG roll | BBQ Turkey Meatballs W/ WG Rice Pilaf | Smash Burger with cheese wg roll |
| VEGETARIAN | Tofu Nuggets w/ wg Confetti Rice | Eggplant parm with WG pasta & Mozz Cheese | Garden salad w/ Seasoned beans w/ WG Roll | Veg meat balls w/WG Rice Pilaf | Black bean burger with wg roll |
| ALLERGY MEAL | Grilled Chix W/ wg Confetti rice | Rst Turkey with Brown rice & sauce | Grilled Chicken salad w/ vinaigrette & GF roll | Grilled Turkey W/ WG Rice Pilaf | Turkey smash burger with gf roll |
| VEGETABLE | Roasted Sweet Potatoes | Roasted carrots | lettuce, tomato & cucumber | Seasoned Pinto Beans | Oven baked fries with ketchup |
| FRUIT | Fresh Pear | Fresh orange | Diced peached | Banana | Fresh apple |
| COLD | Turkey & Cheese Wrap with LT & fresh veg | BLT Wrap with LT & Fresh Carrot Stix | BBQ Chix & Cheddar Wrap with cucumber sl | Italian Hoagie with LT & Fresh Veggie | Hummus & veggie Wrap with Cheese |
| | 8 | 9 | 10 | 11 | 12 |
| BREAKFAST | WG Cereal & Fresh Fruit | WG Blueberry Muffin and Fruit/Fruit Cup | Wg Cereal & Fresh Fruit | WG Waffle & Fruit & butter | WG Bagel & Fruit/Fruit Cup & butter |
| ENTRÉE | Chicken Teriyaki W/ WG Fried Rice (EF) | Bolognese with WG pasta | Jamaican Beef Patty with WG Rice | Arroz Con Pollo (Brown Rice & Beans W/Chix) | Ch Lasagna W/ Mozz Cheese |
| VEGETARIAN | Vegetarian dumplings w/ vegetable WG Fried rice | Italian Style Canelli Beans over WG Pasta | Pinto Bean and Cheddar WG Wrap | Spanish rice W/ Red Kidney Beans | Same as main option |
| ALLERGY MEAL | Grilled Chix W/ Plain WG Fried rice | Same as main meal with GF pasta | Jerk chicken with WG Rice | Same as main option | Grilled chicken Cacciatore W/ gf pasta |
| VEGETABLE | Gingered Broccoli | Fresh Carrots | Spiced Black Beans | Fresh Squash | Green Beans |
| FRUIT | Fresh orange | Fresh Apple | Fresh Mandarin Orange | Seasoned Black Beans | Fresh apple |
| COLD | Turkey & Cheddar Sandwith LT & Fresh Veg | Cool Ranch Chicken Wrap with LT & Carrot stx | Green Salad topped with Chicken, WG roll | Shredded Jerk chicken Wrap with Black Beans | All American Sub with ham, bologna, cheese, LT & fresh veg |
| | 15 | 16 | 17 | 18 | 19 |
| ENTRÉE | NO SCHOOL | | | | |
| VEGETARIAN | NO SCHOOL | | | | |
| ALLERGY MEAL | NO SCHOOL | | | | |
| VEGETABLE | NO SCHOOL | | | | |
| FRUIT | NO SCHOOL | | | | |
| COLD | NO SCHOOL | | | | |
| | 22 | 23 | 24 | 25 | 26 |
| BREAKFAST | WG Cereal with Fresh Fruit | Blueberry Muffin and Fruit/Fruit Cup | WG Cereal with chilled peaches | WG Waffle & Fruit & butter | WG Bagel & Fruit/Fruit Cup & butter |
| ENTRÉE | Brd Chicken sand WG roll | Baked Mac & chez W/ ground turkey | Chicken Andouille Sausage w/ WG Dirty Rice | Chicken And Broccoli Stir Fry W/ Fried rice | Chef Nick's French Bread Pizza |
| VEGETARIAN | Grilled Portobello Sand with Cheese & WG roll | Baked mac&chez w/ Seasoned Beans | Tofu Nuggets W/ WG dirty rice | vegetable Spring Roll w/ edamame | Same as main option |
| ALLERGY MEAL | Grilled Chicken Sand with GF roll | Same as main meal with GF pasta | Grilled Chicken W/ WG Dirty Rice | Same as main option | Grilled Chicken W/ marinara and GF Pasta |
| VEGETABLE | Fresh Carrots | Seasoned Green Beans | Seasoned Black Beans | Fresh Broccoli | Oven baked Sweet potatoes |
| FRUIT | Fresh Orange | Fresh Apple | Fresh Fruit | Banana | Diced pineapple |
| COLD | Turkey & Cheese Wrap with LT & fresh carrots | Veg & hummus Wrap with Cheese & fresh veg | Shredded Jerk chicken Wrap with black beans | Chicken Fajita Wrap with Cheddar & fresh veg | Italian Sub with LT & Fresh Veg |

Due to the disruption in the Global Supply Chain, Our menu is subject to change without notice.

All meals meet the NSLP guidelines; All breads, rice, pasta & COLDs are WG

Milk is served with entree. 1% or Chocolate

Allergy meal free of: egg, gluten, dairy, peanut, fish, shellfish and sesame/nut

Abbreviations: Crx - crackers, BRD-breaded, RST - roasted, WG whole grain,