

# January Boston Collegiate Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	1	2	3	4	5
<b>ENTRÉE</b>		WG Cereal & Fresh Fruit Brd Chicken Nuggets with Confetti Rice	LF Yogurt & Fresh Fruit	WG Pancakes, Syrup & Fresh Fruit	WG Blueberry Muffin & Fresh Fruit
<b>VEGETARIAN</b>	CLOSED NEW YEAR'S DAY	Vegetarian Dumplings	WG Pasta with Meat Sauce	Yellow Rice with Corn & chicken	WG Pizza
<b>ALLERGEN</b>		BBQ Chicken w/Confetti Rice	Cheese Raviolis with marinara sauce	Spanish Rice with Beans	same
<b>VEGETABLE</b>		Fresh Steamed broccoli	GF Pasta with Meat Sauce	Shredded Chicken, rice & Bean Burrito	Lentil Bolognese over GF pasta
<b>COLD</b>		BBQ Chicken & Cheddar Wrap	Fresh Carrot coins	Black Bean sauce with Potatoes	Roasted Sweet Potato
			Chicken Caesar Salad	Ham, Bologna & Cheese Hoagie	Ranch tuna wrap with lettuce
<b>BREAKFAST</b>	8	9	10	11	12
<b>ENTRÉE</b>	WG Cereal & 100% Fruit Juice	WG Apple Cin Muffin /Fresh Fruit	WG Banana Muffin & Fresh Fruit	WG Honey bun & Fresh Fruit	WG Pancakes & Apple Sauce
<b>VEGETARIAN</b>	Chicken Teri over Fried Rice (EF)	BBQ Pulled Chicken with WG Roll	Greek Turkey Meatballs with Pilaf	Asian Sesame Noodles with Black Beans and Chicken	Smashburger - WG roll
<b>ALLERGEN</b>	Tofu Teri with fried rice (EF)	SWest Veggie Bowl - Rice, blk beans corn peppers, cheese & salsa	Farro with Feta, Kidney Beans, (EF) tomato & black olives	Asian Sesame Noodles with Black Beans	Veggie Burger - Wg rol
<b>VEGETABLE</b>	Same	Mesquite Chicken with Rice	Same	Asian Noodles with Black Beans & chicken	Turkey Smashburger -GF roll
<b>COLD</b>	Fresh Steamed Broccoli	Southwestern Kernel Corn	Greek Style Kidney Beans	Seasoned Green Beans	Sweet potato tots
	Chicken Caesar Salad with Chix	Bacon L,T & Cheese Sandwich	Italian Hoagie with L & T	BBQ Chicken Wrap with Cheddar	Thai Chicken Rice Bowl
<b>BREAKFAST</b>	15	16	17	18	19
<b>ENTRÉE</b>		WG Cereal with Fresh Fruit	WG Honey Bun & Diced peaches	WG Blueberry Muffin & Fresh Fruit	WG Pancakes & Apple Sauce
<b>VEGETARIAN</b>	Closed MLK Day	Chicken parm with italian style rice	Chicken Taco with Mexican rice	Cheeseburger macaroni bake (turkey)	Cheese & Broccoli Stuffed Potato
<b>ALLERGEN</b>		White Bean & Vegetable Couscous	Bean & Cheese Burrito (EF)	Orange Glazed Crispy Tofu over rice	same
<b>VEGETABLE</b>		Gr Chicken with GF Pasta	Same	Roast Turkey, Sauce, Br Rice & Veg	Broccoli Stuffed Potato
<b>COLD</b>		Fresh Carrot coins	Vegetable medly	Sweet peas	Seasoned Pinto Beans
		Mix Green Salad with sliced chicken	Curried Lentil Rice Bowl	Turkey & Cheese Hoagie L & T	Parmesan Chicken Chicken Salad Wrap
<b>BREAKFAST</b>	22	23	24	25	26
<b>ENTRÉE</b>	WG Cereal & Fresh Fruit	WG Bagel with Butter & Pineapple	WG Corn Muffin & Mandarin Orange	WG Muffin & Fresh Fruit	Maple Pancakes, syrup & Fresh Fruit
<b>VEGETARIAN</b>	BBQ Chicken with Dirty Rice	Hot Hawaiian Turkey Wrap with rice	Chicken & Cheese Quesadilla	Baked Mac & Cheese	Chef Nick's WG French Brd Pizza
<b>ALLERGEN</b>	Vegetable & cheese Frittata	Same with pinto beans	Cheese & Veg quesadilla	same	same
<b>VEGETABLE</b>	Seasoned Carrots	Same with GF wrap	Chicken & rice burrito on corn tortilla	GF pasta with meat sauce	Sweet & Sour Chicken w/ Brown Rice
<b>COLD</b>	Bacon & Ranch Chicken Wrap	Fresh Broccoli	Sweet Kernel Corn	Seasoned White Cannellini Beans	Oven Baked Fries w/ pizza
		Greek Salad with Feta & Chicken	Turkey & Cheese wrap with Lett & tom	mexican grain bowl with rice, black beans, Cheddar, diced tomatoes	Sliced Buffalo chicken on WG roll
<b>BREAKFAST</b>	29	30	31	1	2
<b>ENTRÉE</b>	Corn Flakes & Fresh Fruit	Wheat Bagel, jelly & Fresh Fruit	WG Honey Bun & Chilled fruit	Cheerios & Apple Sauce	WG Banana Loaf & Pineapple
<b>VEGETARIAN</b>	Brd Chicken Breast Sandwich	Jamacian Beef Patty with Rice	Chicken Caesar Salad with tomato	Breaded Chicken Chunks with	Chef Nick's French Bread Pizza (EF)
<b>ALLERGEN</b>	Mexican lasagna with Cheddar	Cilantro Lime Pinto Beans with red	WG Dinner Roll	Duck Sauce Rice	same
<b>VEGETABLE</b>	Chix Fajita, rice, onions & peppers	Cilantro Lime Chicken w/ Rice	Greek Salad with Feta, Olives &	Refried bean, rice & Cheese Burrito	Sweet & Sour Chicken w/ Brown Rice
<b>COLD</b>	Mexicali Corn	Steamed Carrots	Grilled Chicken Salad	BBQ chicken with rice	Oven Baked Fried w/ pizza
	Turkey & Cheese wrap	Chilled Taco & Rice Bowl (chic)	Fresh Broccoli	Seasoned Pinto Beans	Italian hoagie with LTP
			same	Chilled Chicken Sandwich with Cole sla	

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

All meals meet the NSLP & NBP guidelines -

All meals served with 8oz 1% or Skim Milk

Fruit is served daily with Lunch - Fresh Vegetable side served with every cold meal

All breads, rolls, rice & pasta are WG/WGR

