



November 2025 Boston Collegiate
Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk (<i>Allergens: Milk in milk only</i>)	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk (<i>Allergens: Soy, Wheat, Milk in milk only</i>)	Whole Grain Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk (<i>Allergens: Wheat, Milk</i>)	Whole Grain Apple Bites, Clementine, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>) OR Whole Grain French Toast, Chicken Sausage Patty, Fruit, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)
3	4	5	6	7
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk (<i>Allergens: Milk in milk only</i>)	Holiday - No Meals	Whole Grain Breakfast Bun, Fresh Orange, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Whole Grain Muffin, Fresh Apple, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Whole Grain Croissant w/ Jelly, Clementine, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>) OR Mini Pancakes w/ Fruit Compote, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)
10	11	12	13	14
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk (<i>Allergens: Wheat, Milk in milk only</i>)	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk (<i>Allergens: Soy, Wheater, Milk in milk only</i>)	Whole Grain Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk (<i>Allergens: Wheat, Milk</i>)	Whole Grain Apple Bites, Clementine, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>) OR Pancake & Chicken Sausage Breakfast Sandwich, Fruit, 100% Fruit Juice, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)
17	18	19	20	21
Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk (<i>Allergens: Milk in milk only</i>)	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk (<i>Allergens: Milk</i>)	NO SCHOOL	Holiday - No Meals	Holiday - No Meals
24	25	26	27	28



November Boston Collegiate Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chicken & Waffles, Sweet Potato Fries, Orange, Fluid Milk, Ketchup (Allergens: Soy, Wheat, Milk in Milk only)	American Chop Suey, Whole Grain Pasta, Broccoli, Apple, Fluid Milk (Allergens: Wheat, Soy, Milk in Milk only)	Grilled Cheese on Croissant, Potato Wedges, Pear, Fluid Milk, Ketchup (Allergens: Milk, Soy, Wheat)	Beef Nachos, Tortilla Chips, Black Beans & Corn, Banana, Fluid Milk, Sour Cream (Allergens: Milk, Soy, Sunflower)	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk (Allergens: Milk, Wheat, Soy)
3	4	5	6	7
Sweet Mango Chili Chicken, Brown Rice, California Blend Vegetables, Orange, Fluid Milk (Allergens: Wheat, Soy, Milk in milk only)	Holiday - No Meals	Cheeseburger, Wheat Hamburger Bun, Baked Beans, Pear, Fluid Milk, Ketchup (Allergens: Soy, Wheat, Milk)	Crispy Chicken Sandwich, Wheat Bun, Broccoli, Banana, Fluid Milk, Ketchup	Roast Turkey & Gravy, Mashed Potatoes, Carrots, Wheat Roll, Fruit Cup, Fluid Milk
10	11	12	13	14
BBQ Chicken, Cornbread Loaf, Green Beans & Red Peppers, Orange, Fluid Milk (Allergens: Egg, Milk, Soy, Wheat)	Chicken Teriyaki Postickers w/ Soy Drizzle, Brown Rice, Edamame & Corn, Apple, Fluid Milk (Allergens: Soy, Wheat, Milk)	Jamaican Beef Patty, Cornbread Loaf, Mixed Vegetables, Pear, Fluid Milk (Allergens: MSG, Soy, Wheat, Egg, Milk)	3 Cheese Mac & Cheese, Carrots, Banana, Fluid Milk (Allergens: Milk, Soy, Wheat)	Whole Grain Turkey-Pepperoni Pizza, Broccoli, Fruit Cup, Fluid Milk (Allergens: Milk, Soy, Wheat)
17	18	19	20	21
Pastelon (Puerto Rican Lasagna) with Beef & Plantains, Whole Grain Cornbread, Orange, Fluid Milk (Allergens: Egg, Milk, Soy, Wheat)	French Toast Sticks, Chicken Sausage Patty, Sweet Potato Fries, Apple, Fluid Milk, Syrup (Allergens: Egg, Milk, Soy, Wheat)	NO SCHOOL	Holiday - No Meals	Holiday - No Meals
24	25	26	27	28



November Boston Collegiate Vegetarian Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Crispy Chik'n & Waffles, Sweet Potato Fries, Orange, Fluid Milk, Ketchup (Allergens: Egg, Milk, Soy, Wheat) 3	Vegetarian Chop Suey, Whole Grain Pasta, Broccoli, Apple, Fluid Milk (Allergens: Soy, Wheat, Milk in milk only) 4	Grilled Cheese on Croissant, Potato Wedges, Pear, Fluid Milk, Ketchup (Allergens: Milk, Soy, Wheat) 5	Refried Bean & Cheese Nachos, Tortilla Chips, Black Beans & Corn, Banana, Fluid Milk, Sour Cream (Allergens: Milk, Sunflower) 6	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk (Allergens: Milk, Wheat) 7
Sweet Mango Chili Tofu, Brown Rice, California Blend Vegetables, Orange, Fluid Milk (Allergens: Soy, Milk in milk only) 10	Holiday - No Meals 11	Veggie Burger & Cheese, Wheat Hamburger Bun, Baked Beans, Pear, Fluid Milk, Ketchup (Allergens: Soy, Wheat, Milk) 12	Crispy Chik'n Sandwich, Wheat Bun, Broccoli, Banana, Fluid Milk, Ketchup (Allergens: Soy, Wheat, Milk in milk only) 13	Roast Tofu & Gravy, Mashed Potatoes, Carrots, Wheat Roll, Fruit Cup, Fluid Milk (Allergens: Soy, Wheat, Milk) 14
BBQ Chickpeas, Cornbread Loaf, Green Beans & Red Peppers, Orange, Fluid Milk (Allergens: Egg, Milk, Soy, Wheat) 17	Teriyaki Tofu, Brown Rice, Edamame & Corn, Apple, Fluid Milk (Allergens: Soy, Wheat, Milk) 18	Veggie Fritters, Cornbread Loaf, Mixed Vegetables, Pear, Fluid Milk (Allergens: Egg, Milk, Soy, Wheat) 19	3 Cheese Mac & Cheese, Carrots, Banana, Fluid Milk (Allergens: Milk, Soy, Wheat) 20	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk (Allergens: Milk, Soy, Wheat) 21
Vegetarian Pastelon (Puerto Rican Lasagna) with Beans, Tofu, Cheese & Plantains, Whole Grain Cornbread, Orange, Fluid Milk (Allergens: Milk, Soy) 24	French Toast Sticks, Veggie Sausage Patty, Sweet Potato Fries, Apple, Fluid Milk, Syrup (Allergens: Egg, Milk, Soy, Wheat) 25	NO SCHOOL 26	Holiday - No Meals 27	Holiday - No Meals 28



November Boston Collegiate Cold Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Pear, Fluid Milk (<i>Allergens: Milk, Sunflower</i>)	Crispy Chicken Wrap w/ Romaine & Cheese, Broccoli, Apple Slices, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Banana, Fluid Milk (<i>Allergens: Milk, Soy, Wheat</i>)
3	4	5	6	7
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Holiday - No Meals	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Pear, Fluid Milk (<i>Allergens: Soy, Sunflower, Wheat, Milk</i>)	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Apple Slices, Fluid Milk	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Banana, Fluid Milk (<i>Allergens: Milk, Wheat</i>)
10	11	12	13	14
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Curried Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Pear, Fluid Milk (<i>Allergens: Milk, Sunflower</i>)	Crispy Chicken Wrap w/ Romaine & Cheese, Broccoli, Apple Slices, Fluid Milk (<i>Egg, Milk, Soy, Wheat</i>)	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Banana, Fluid Milk (<i>Allergens: Milk, Soy, Wheat</i>)
17	18	19	20	21
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Apple, Fluid Milk (<i>Allergens: Egg, Milk, Sunflower</i>)	NO SCHOOL	Holiday - No Meals	Holiday - No Meals
24	25	26	27	28