



October 2025
Boston Collegiate Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
		Whole Grain Breakfast Bun, Fresh Orange, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i> OR Whole Grain Waffle w/ Fruit Compote <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>	Whole Grain Muffin, Fresh Apple, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>	Whole Grain Croissant w/ Jelly, Clementine, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>
		1	2	3
Whole Grain Cereal (Apple Cinnamon 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, Eggs)</i>	Whole Grain Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</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: Soy, Wheat, Milk, Eggs)</i> OR Whole Grain French Toast, Chicken Sausage Patty <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>
6	7	8	9	10
Holiday - No Meals	Whole Grain Cereal (Blueberry Chex), Applesauce, 100% Fruit Juice, Fluid Milk <i>(Allergens: Milk in Milk only)</i>	Whole Grain Breakfast Bun, Fresh Orange, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>	Whole Grain Muffin, Fresh Apple, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>	Whole Grain Croissant w/ Jelly, Clementine, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i> OR Mini Pancakes w/ Fruit Compote <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>
13	14	15	16	17
Whole Grain Cereal (Apple Cinnamon 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: Wheat, Milk)</i>	Whole Grain Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i> O R Breakfast Empanda (Turkey Sausage, Egg, & Cheese), Fruit <i>(Allergens: Soy, Wheat, Milk, Eggs)</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: Soy, Wheat, Milk, Eggs)</i> OR Pancake & Chicken Sausage Breakfast Sandwich, Fruit (Allergens:
20	21	22	23	24
Whole Grain Cereal (Blueberry Chex), 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>	Whole Grain Breakfast Bun, Fresh Orange, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i> OR Whole Grain Waffle w/ Fruit Compote <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>	Whole Grain Muffin, Fresh Apple, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>	Whole Grain Croissant w/ Jelly, Clementine, 100% Fruit Juice, Fluid Milk <i>(Allergens: Soy, Wheat, Milk, Eggs)</i>
27	28	29	30	31



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		French Toast Sticks, Chicken Sausage Patty, Sweet Potato Fries, Pear, Fluid Milk, Syrup (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Cheeseburger, Wheat Bun, Baked Beans, Banana, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Whole Grain Cheese Pizza, Broccoli & Red Peppers, Fruit Cup, Fluid Milk (<i>Allergens: Milk, Wheat, Soy</i>)
		1	2	3
Crispy Chicken & Waffles, Sweet Potato Fries, Orange, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk, Soy</i>)	American Chop Suey, Whole Grain Pasta, Broccoli, Apple, Fluid Milk (<i>Allergens: Wheat, Soy, Milk in Milk only</i>)	Grilled Cheese on Croissant, Potato Wedges, Pear, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk</i>)	Beef Nachos, Tortilla Chips, Black Beans & Corn, Banana, Fluid Milk, Sour Cream (<i>Allergens: Soy, Milk, Sunflower</i>)	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk (<i>Allergens: Milk, Wheat</i>)
6	7	8	9	10
Holiday - No Meals	Sweet Mango Chili Chicken, Brown Rice, California Blend Vegetables, Apple, Fluid Milk (<i>Allergens: Wheat, Milk in Milk only</i>)	Hot Dog (Turkey), Wheat Hot Dog Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Crispy Chicken Sandwich, Wheat Bun, Roasted Potatoes, Banana, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
13	14	15	16	17
BBQ Chicken, Cornbread Loaf, Carrots Orange, Fluid Milk (<i>Allergens: Soy, Egg, Milk, Wheat</i>)	Chicken Teriyaki Postickers w/ Soy Drizzle, Brown Rice, Edamame & Corn, Apple, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Soy</i>)	Shepherd's Pie, Mashed Potatoes, Whole Grain Biscuit, Pear, Fluid Milk (<i>Allergens: Soy, Milk</i>)	Chicken Parmesan, Whole Grain Pasta, Broccoli, Banana, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans & Red Peppers, Fruit Cup, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
20	21	22	23	24
Pastelon (Puerto Rican Lasagna) with Beef & Plantains, Whole Grain Cornbread, Orange, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg</i>)	Whole Grain Popcorn Chicken, Mac & Cheese, Sweet Potato Fries, Apple, Fluid Milk, BBQ Dipping Sauce (<i>Allergens: Soy, Wheat, Milk, Egg, Sunflower</i>)	French Toast Sticks, Chicken Sausage Patty, Sweet Potato Fries, Pear, Fluid Milk, Syrup (<i>Allergens: Soy, Wheat, Milk, Egg</i>)	Cheeseburger, Wheat Bun, Baked Beans, Banana, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Whole Grain Cheese Pizza, Broccoli & Red Peppers, Fruit Cup, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
27	28	29	30	31



Boston Collegiate October Vegetarian Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		French Toast Sticks, Veggie Sausage Patty, Sweet Potato Fries, Pear, Fluid Milk, Syrup (<i>Allergens: Egg, Milk, Soy, Wheat</i>)	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Banana, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Whole Grain Cheese Pizza, Broccoli & Red Peppers, Fruit Cup, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
		1	2	3
Crispy Chik'n & Waffles, Sweet Potato Fries, Orange, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk, Egg</i>)	Vegetarian Chop Suey, Whole Grain Pasta, Broccoli, Apple, Fluid Milk (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Grilled Cheese on Croissant, Potato Wedges, Pear, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk</i>)	Refried Bean & Cheese Nachos, Tortilla Chips, Black Beans & Corn, Banana, Fluid Milk, Sour Cream (<i>Allergens: Soy, Milk, Sunflower</i>)	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk (<i>Allergens: Milk, Wheat</i>)
6	7	8	9	10
Holiday - No Meals	Sweet Mango Chili Tofu, Brown Rice, California Blend Vegetables, Apple, Fluid Milk (<i>Allergens: Soy, Milk in Milk only</i>)	Veggie Burger & Cheese, Wheat Hamburger Bun, Sweet Potato Wedges, Pear, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk</i>)	Crispy Chik'n Sandwich, Wheat Bun, Roasted Potatoes, Banana, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
13	14	15	16	17
BBQ Chickpeas, Cornbread Loaf, Carrots Orange, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Eggs</i>)	Teriyaki Tofu, Brown Rice, Edamame & Corn, Apple, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)	Vegetarian Shepherd's Pie, Mashed Potatoes, Whole Grain Biscuit, Pear, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)	Chik'n Parmesan, Whole Grain Pasta, Broccoli, Banana, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans & Red Peppers, Fruit Cup, Fluid Milk (<i>Allergens: Wheat, Milk</i>)
20	21	22	23	24
Veggie Pastelon (Tofu, Beans, Cheese) & Plantains, Whole Grain Cornbread, Orange, Fluid Milk (<i>Allergens: Soy, Wheat, Milk in Milk only</i>)	Chik'n Nuggets, Mac & Cheese, Sweet Potato Fries, Apple, Fluid Milk, BBQ Dipping Sauce (<i>Allergens: Soy, Wheat, Milk, Eggs, Sunflower</i>)	French Toast Sticks, Veggie Sausage Patty, Sweet Potato Fries, Pear, Fluid Milk, Syrup (<i>Allergens: Soy, Wheat, Milk, Eggs</i>)	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Banana, Fluid Milk, Ketchup (<i>Allergens: Soy, Wheat, Milk</i>)	Whole Grain Cheese Pizza, Broccoli & Red Peppers, Fruit Cup, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
27	28	29	30	31

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 [Menu subject to change](#) This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.



Boston Collegiate October Cold Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
		Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Pear, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Sunflower</i>)	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Apple Slices, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg, Fish</i>)	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Banana, Fluid Milk (<i>Allergens: Milk, Wheat</i>)
		1	2	3
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg</i>)	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg</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: Soy, Wheat, Milk, Egg</i>)	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Banana, Fluid Milk (<i>Allergens: Soy, Wheat, Milk</i>)
6	7	8	9	10
Holiday - No Meals	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk (<i>Allergens: Egg, Milk, Sunflower</i>)	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Pear, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Sunflower</i>)	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Apple Slices, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg, Fish</i>)	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Banana, Fluid Milk (<i>Allergens: Milk, Wheat</i>)
13	14	15	16	17
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg</i>)	Curried Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg</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: Soy, Wheat, Milk</i>)
20	21	22	23	24
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Dried Fruit, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg</i>)	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk (<i>Allergens: Egg, Milk, Sunflower</i>)	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Pear, Fluid Milk (<i>Allergens: Soy, Wheat, Sunflower, Milk</i>)	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Apple Slices, Fluid Milk (<i>Allergens: Soy, Wheat, Milk, Egg, Fish</i>)	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Banana, Fluid Milk (<i>Allergens: Milk, Wheat</i>)
27	28	29	30	31