



January 2026
Breakfast Menu
Boston Collegiate

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
			No Meals 1	No Meals 2
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk Allergens: Milk (in milk only)	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk Allergens: Milk	Whole Grain Breakfast Bun, Fresh Orange, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Whole Grain Muffin, Fresh Apple, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk
5	6	7	8	9
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk Allergens: Wheat, Milk (in milk only)	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk Allergens: Soy, Wheat, Milk (in milk only)	Whole Grain Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk Allergens: Wheat, Milk	Whole Grain Apple Bites, Pear, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat OR Pancake & Chicken Sausage Breakfast Sandwich, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat
12	13	14	15	16
Holiday - No Meals	Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk Allergens: Milk (in milk only)	Whole Grain Breakfast Bun, Fresh Orange, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Whole Grain Muffin, Fresh Apple, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk
19	20	21	22	23
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk Allergens: Milk (in milk only)	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk Allergens: Soy, Wheat, Milk (in milk only)	Whole Grain Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk Allergens: Wheat, Milk	Whole Grain Apple Bites, Pear, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat OR Whole Grain French Toast, Chicken Sausage Patty, Fruit, 100% Fruit Juice, Fluid Milk Allergens: Egg, Milk, Soy, Wheat
26	27	28	29	30



January Lunch Menu Boston Collegiate

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Monday	Tuesday	Wednesday	Thursday	Friday
			Holiday - No Meals 1	Holiday - No Meals 2
Chicken Nuggets, Brown Rice, Carrots, Fruit, Fluid Milk, Ketchup Allergens: Soy, Wheat, Milk (in milk only)	Turkey Meatballs w/ Red Sauce & Parm, Whole Grain Pasta, Broccoli, Apple, Fluid Milk Allergens: Wheat, Soy, Milk, Egg	Cheeseburger, Wheat Hamburger Bun, Baked Beans, Pear, Fluid Milk, Ketchup Allergens: Soy, Wheat, Milk	Crispy Chicken Sandwich, Wheat Bun, Sweet Potato Fries, Banana, Fluid Milk, Ketchup Allergens: Soy, Wheat, Milk (in milk only)	Whole Grain Cheese Pizza, Potato Wedges, Fruit Cup, Fluid Milk, Ketchup Allergens: Milk, Soy, Wheat
5	6	7	8	9
Honey Jerk Chicken, Cornbread Loaf, Green Beans & Red Peppers, Orange, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Jamaican Beef Patty, Brown Rice, Stewed Beans, Apple, Fluid Milk Allergens: MSG, Soy, Wheat	Chicken Parmesan Sandwich, Wheat Bun, Carrots, Pear, Fluid Milk Allergens: Soy, Wheat, Milk	Popcorn Chicken & Mashed Potato Bowl w/ Corn, Whole Grain Biscuit, Banana, Fluid Milk Allergens: Soy, Wheat, Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Broccoli, Fruit Cup, Fluid Milk Allergens: Milk, Wheat, Soy
12	13	14	15	16
Holiday - No Meals	Sweet Mango Chili Chicken Drumstick, Brown Rice, California Blend Vegetables, Orange, Fluid Milk Allergens: Wheat, Milk (in milk only)	French Toast Sticks, Chicken Sausage Patty, Potato Wedges, Apple, Fluid Milk, Syrup Allergens: Egg, Milk, Soy, Wheat	Whole Grain Popcorn Chicken, Mac & Cheese, Baked Beans, Banana, Fluid Milk, BBQ Dipping Sauce Allergens: Soy, Wheat, Milk, Egg, Sunflower	Whole Grain Cheese Pizza, Carrots, Fruit Cup, Fluid Milk Allergens: Milk, Soy, Wheat
19	20	21	22	23
Chicken n' Waffles, Whole Grain Waffle, 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
26	27	28	29	30



January Vegetarian Lunch Menu Boston Collegiate

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Monday	Tuesday	Wednesday	Thursday	Friday
			Holiday - No Meals 1	Holiday - No Meals 2
Chik'n Nuggets, Brown Rice, Carrots, Fruit, Fluid Milk, Ketchup Allergens: Soy, Wheat, Milk (in milk only)	Vegetarian Meatballs w/ Red Sauce & Parm, Whole Grain Pasta, Broccoli, Apple, Fluid Milk Allergens: Milk, Wheat	Veggie Burger & Cheese, Wheat Hamburger Bun, Baked Beans, Pear, Fluid Milk, Ketchup Allergens: Soy, Wheat, Milk	Crispy Chik'n Sandwich, Wheat Bun, Sweet Potato Fries, Banana, Fluid Milk, Ketchup Allergens: Soy, Wheat, Milk (in milk only)	Whole Grain Cheese Pizza, Potato Wedges, Fruit Cup, Fluid Milk, Ketchup Allergens: Milk, Soy, Wheat
5	6	7	8	9
Honey Jerk Tofu, Cornbread Loaf, Green Beans & Red Peppers, Orange, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Veggie Fritters, Brown Rice, Stewed Beans, Apple, Fluid Milk Allergens: Egg, Milk, Soy, Wheat	Chik'n Parmesan Sandwich, Wheat Bun, Carrots, Pear, Fluid Milk Allergens: Soy, Wheat, Milk	Popcorn Chik'n & Mashed Potato Bowl w/ Corn, Whole Grain Biscuit, Banana, Fluid Milk Allergens: Soy, Wheat, Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Broccoli, Fruit Cup, Fluid Milk Allergens: Milk, Wheat, Soy
12	13	14	15	16
Holiday - No Meals	Sweet Mango Chili Tofu, Brown Rice, California Blend Vegetables, Orange, Fluid Milk Allergens: Soy, Milk (in milk only)	French Toast Sticks, Breakfast Veggie Sausage Patty, Potato Wedges, Apple, Fluid Milk, Syrup Allergens: Egg, Milk, Soy, Wheat	Chik'n Nuggets, Mac & Cheese, Baked Beans, Banana, Fluid Milk, BBQ Dipping Sauce Allergens: Soy, Wheat, Milk	Whole Grain Cheese Pizza, Carrots, Fruit Cup, Fluid Milk Allergens: Milk, Soy, Wheat
19	20	21	22	23
Chik'n & Waffles, Whole Grain Waffle, Sweet Potato Fries, Orange, Fluid Milk, Ketchup Allergens: Egg, Milk, Soy, Wheat	Vegetarian 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	Refried Bean & Cheese Nachos, Tortilla Chips, Black Beans & Corn, Banana, Fluid Milk, Sour Cream Allergens: Milk, Sunflower	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk Allergens: Milk, Wheat, Soy
26	27	28	29	30



January Cold Lunch Menu Boston Collegiate

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Monday	Tuesday	Wednesday	Thursday	Friday
			Holiday - No Meals 1	Holiday - No Meals 2
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Sunflower</i>	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Fruit, Fluid Milk <i>Allergens: Soy, Sunflower, Wheat, Milk</i>	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Fruit, Fluid Milk <i>Allergens: Egg, Fish, Milk, Soy, Wheat</i>	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Fruit, Fluid Milk <i>Allergens: Milk, Wheat</i>
5	6	7	8	9
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Curried Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Fruit, Fluid Milk <i>Allergens: Sunflower, Milk</i>	Crispy Chicken Wrap w/ Romaine & Cheese, Broccoli, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Fruit, Fluid Milk <i>Allergens: Milk, Soy, Wheat</i>
12	13	14	15	16
Holiday - No Meals	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Fruit, Fluid Milk <i>Allergens: Soy, Sunflower, Wheat, Milk</i>	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Sunflower</i>	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Fruit, Fluid Milk <i>Allergens: Egg, Fish, Milk, Soy, Wheat</i>	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Fruit, Fluid Milk <i>Allergens: Milk, Wheat</i>
19	20	21	22	23
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Fruit, Fluid Milk <i>Allergens: Sunflower, Milk</i>	Crispy Chicken Wrap w/ Romaine & Cheese, Broccoli, Fruit, Fluid Milk <i>Allergens: Egg, Milk, Soy, Wheat</i>	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Fruit, Fluid Milk <i>Allergens: Milk, Soy, Wheat</i>
26	27	28	29	30