

# Boston Collegiate May 2024 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29	30	1	2	3
<b>BREAKFAST</b>	WG Cereal & Apple Sauce	WG Corn Muffin and Apple	WG Bagel with butter & Fresh banana	WG French Toast Stick & Apple Sauce	WG Honey Bun & Chilled Pineapple
<b>ENTRÉE</b>	WG Mac & Cheese with Cheddar	Cheese Lasagna with Gr Turkey & Wg roll	Turkey Sausage & Gravy WG Biscuit	Asian WG Noodles with Chicken & Broccoli	Chicken Taco w/mexican rice & tortilla
<b>VEGETARIAN</b>	Same as main meal	Cheese Lasagna with cheese & wg roll	Tofu Steak W/ wg roll	Crispy tofu stir fry over wg noodles	Black Bean Soft taco & Cheddar with rice
<b>ALLERGY MEAL</b>	Grilled Chicken with Brown Rice	Rst Turkey with Brown rice & sauce	Same as main with GF Roll	Gr Chicken Stir fry over brown rice	Chicken Taco w/Mexican rice & corn Tortilla (LPC)
<b>VEGETABLE</b>	Fresh Broccoli	Roasted Carrots	FRESH Mashed Potatoes	Seasoned Black Beans	Mexicali Corn
<b>FRUIT</b>	Diced pineapple	Fresh Orange	Fresh Pear	Banana	Fresh apple
<b>COLD</b>	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
	6	7	8	9	10
<b>BREAKFAST</b>	WG Cereal & Chilled Peaches	WG Blueberry Muffin and Orange	Wg Cereal & Chilled Pineapple	WG Waffle Apple Sauce	WG Bagel & Chilled Peaches
<b>ENTRÉE</b>	BBQ Chicken with WG Rice & beans	Turkey Teriyaki Stir Fry with WG rice	Beef Chili con carne with WG Rice	Jerk Chicken, WG Dirty Rice	General Tso Chicken with Brown Rice
<b>VEGETARIAN</b>	Cuban Black Beans & WG Rice (EF)	Curried Chic Pea with onions (EF)& WG Rice	Vegetarian Chili with WG Rice	Chef Nick's WG French Bread Pizza (EF)	General Tso Tofu with Brown Rice
<b>ALLERGY MEAL</b>	Mesquite Chicken with WG Rice & beans	Chicken Fried Rice	Turkey Chii with WG Rice	Same as main option	Arroz Con Pollo
<b>VEGETABLE</b>	Mexicali Corn	Steamed Broccoli	Seasoned Pinto Beans	Roasted Sweet Potato	Roasted Zucchini
<b>FRUIT</b>	Fresh Apple	Diced Pears	Diced pineapple	Fresh Orange	Apple Sauce
<b>COLD</b>	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
	13	14	15	16	17
<b>BREAKFAST</b>	WG Cereal & Chilled Pineapple	WG Muffin with Fresh Clementine	WG Cereal with Apple	WG French Toast Stick & Apple sauce	WG Croissant & Apple Sauce
<b>ENTRÉE</b>	Curried Chicken W/ Curried WG Rice	Chicken Alfredo with WG Pasta	Turkey Taco with WG Tortilla & Cheddar	Hoisen Chicken Stir Fry with WG Fried Rice	Fish Stick Hoagie with Cheese
<b>VEGETARIAN</b>	Vegetarian dumplings w/ WG Tofu Fried rice	White Bean Alfredo with WG Pasta	Seasoned Black Bean Taco with Ched & WG Tortilla	Crispy Tofu Stir fry over WG Fried Rice	Grilled Portobello Sand with Cheese & WG roll
<b>ALLERGY MEAL</b>	Same as main option	Gr Chicken with brown rice	Turkey Taco with GF Tortilla	Chili Thai Chix Stir Fry over WG Fried Rice	Grilled Chicken Sand with GF roll
<b>VEGETABLE</b>	Fresh Squash	Fresh Carrots	Seasoned Pinto Beans	Steamed Broccoli	Oven baked Sweet potatoes
<b>FRUIT</b>	Fresh orange	Fresh Apple	Diced pineapple	Diced Pears	Fresh Banana
<b>COLD</b>	BBQ chicken & Cheddar Wrap with fresh veg	Ham & cheese sandwich LT & fresh carrots	Tex Mex Chicken Wrap with pinto Beans	BBQ Pork Bahn Min Sand with pickled vegetables & side broc	BLT Wrap with Cucumber wheels
	20	21	22	23	24
<b>BREAKFAST</b>	WG Cereal with Apple Sauce	WG Blueberry Muffin and Mandarin	WG Cereal with chilled peaches	WG Pancakes & Apple Sauce	WG Bagel & Fresh apple
<b>ENTRÉE</b>	Brd Chicken sand WG roll	Baked Mac & chez W/ ground turkey	BBQ Pulled Chicken & Corn Bread	Thai Sytle Turkey Meatballs with WG Rice	Chef Nick's French Bread Pizza
<b>VEGETARIAN</b>	Grilled Portobello Sand with Cheese & WG roll	Baked mac&chez w/ Seasoned Beans	Black bean burger with WG Roll	vegetable Spring Roll w/ edamame & WG Fried Rice	Same as main option
<b>ALLERGY MEAL</b>	Grilled Chicken Sand with GF roll	Same as main meal with GF pasta	BBQ Pulled Chicken with GF Wrap	Same as main option	Grilled Chicken W/ marinara and GF Pasta
<b>VEGETABLE</b>	Fresh Carrots	Seasoned Green Beans	Seasoned Black Beans	Fresh Broccoli	Oven baked Sweet potatoes
<b>FRUIT</b>	Fresh Orange	Fresh Apple	Apple Sauce	Banana	Diced pineapple
<b>COLD</b>	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
	27	28	29	30	31
<b>BREAKFAST</b>	NO SCHOOL	WG Blueberry Muffin and Mandarin	WG Cereal with chilled peaches	WG Pancakes & Apple Sauce	WG Bagel & Fresh apple
<b>ENTRÉE</b>		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
<b>VEGETARIAN</b>		Baked mac&chez w/ Seasoned Beans	Tofu Nuggets W/ WG dirty rice	vegetable Spring Roll w/ edamame	Same as main option
<b>ALLERGY MEAL</b>		Same as main meal with GF pasta	Roast Turkey W/ WG Dirty Rice	Same as main option	Grilled Chicken W/ marinara and GF Pasta
<b>VEGETABLE</b>		Seasoned Green Beans	Seasoned Black Beans	Fresh Broccoli	Oven baked Sweet potatoes
<b>FRUIT</b>		Fresh Apple	Fresh Fruit	Banana	Diced pineapple
<b>COLD</b>		BBQ chicken & Cheddar Wrap with fresh veg	Turkey & Cheese Wrap with LT & fresh carrots	BBQ Pork Bahn Min Sand with pickled vegetables & side broc	Cool Ranch Chicken Wrap with LT & Carrot stx

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

All meals meet the NSLP & CACFP guidelines - All breads, rice, pasta and COLDS are WG/WGR

Milk is served with entree. 1%, Skim or Lactaid