



November 2026 Boston Collegiate
Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk	Whole Grain Chocolate Chip Muffin , Fresh Orange, 100% Fruit Juice, Fluid Milk	Whole Grain Stuffed Cinnamon Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk OR Breakfast Pizza Bagel (Egg & Turkey Sausage), Fruit, 100% Fruit Juice, Fluid Milk
2	3	4	5	6
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk	Holiday - No Meals	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk	Whole Grain Strawberry Pancake Bites, Pear, 100% Fruit Juice, Fluid Milk OR Egg & Cheese Sandwich on Whole Grain English Muffin, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk
9	10	11	12	13
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk	Whole Grain Pumpkin Bread, Fresh Orange, 100% Fruit Juice, Fluid Milk OR Maple Waffles, Cinnamon Peaches, 100% Fruit Juice, Fluid Milk, Syrup	Whole Grain Stuffed Strawberry Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk OR Pancake & Chicken Sausage Breakfast Sandwich, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk
16	17	18	19	20
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk	Holiday - No Meals	Holiday - No Meals	Holiday - No Meals
23	24	25	26	27
Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk				
30				



November 2026 Boston Collegiate Hot Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Mango Chili Chicken (3 wings), Brown Rice, Green Beans, Orange, Fluid Milk	Turkey Meatball Tortellini Bake w/ Mozzarella & Parm, Broccoli, Apple, Fluid Milk	Beef & Bean Chili w/ Cheese, Frito Corn Chips(2), Pear, Fluid Milk, Sour Cream	Buffalo Chicken Poppers, 3 Cheese Mac & Cheese, Tater Tots, Banana, Fluid Milk, Ketchup	Whole Grain Turkey-Pepperoni Pizza, Carrots, Fruit Cup, Fluid Milk
2	3	4	5	6
Crispy Chicken Sandwich, Whole Wheat Bun, Sweet Potato Fries, Orange, Fluid Milk, Ketchup	Cheeseburger, Wheat Bun, Baked Beans, Apple, Fluid Milk, Ketchup	Holiday - No Meals	BBQ Chicken, Plantains, Cornbread(2), Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Broccoli & Red Peppers, Fruit Cup, Fluid Milk
9	10		1	2
Whole Grain Popcorn Chicken, Mashed Potatoes Corn & Cheese, Whole Grain Biscuit, Orange, Fluid Milk	Hot Dog (Turkey), Hot Dog Bun, Baked Beans, Apple, Fluid Milk, Ketchup	Breakfast Chicken Sausage, Whole Grain French Toast Sticks, Sweet Potato Wedges, Pear, Fluid Milk, Syrup	Holiday Special Roast Turkey w/ Gravy, Cornbread Stuffing, Mashed Potatoes, Wheat Roll, Banana, Fluid Milk	Whole Grain Cheese Pizza w/ Turkey Bacon, Broccoli & Red Peppers, Fruit Cup, Fluid Milk
16	17	18	19	20
Honey Jerk Chicken Wings(3 wings), WG Cornbread (2), Carrots, Orange, Fluid Milk	Jamaican Beef Patty, Brown Rice, Black Beans & Corn, Apple, Fluid Milk	Holiday - No Meals	Holiday - No Meals	Holiday - No Meals
23	24	25	26	27
Whole Grain Chicken Nuggets, Brown Rice, Sweet Potato Fries, Applesauce, Fluid Milk, Ketchup				
30				



November 2026 Boston Collegiate Vegetarian Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Sweet Mango Chili Tofu, Brown Rice, Green Beans, Orange, Fluid Milk 2	Veggie Meatball Tortellini Bake w/ Mozzarella & Parm, Broccoli, Apple, Fluid Milk 3	Bean Chili w/ Cheese, Frito Corn Chips(2), Pear, Fluid Milk, Sour Cream 4	3 Cheese Mac & Cheese, Tater Tots, Banana, Fluid Milk, Ketchup 5	Whole Grain Cheese Pizza, Carrots, Fruit Cup, Fluid Milk 6
Crispy Chik'n Sandwich, Whole Wheat Bun, Sweet Potato Fries, Orange, Fluid Milk, Ketchup 9	Veggie Burger w/ Cheese, Wheat Bun, Baked Beans, Apple, Fluid Milk, Ketchup 10	Holiday - No Meals	BBQ Chickpeas, Plantains, Cornbread(2), Banana, Fluid Milk 1	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Broccoli & Red Peppers, Fruit Cup, Fluid Milk 2
Chik'n Bites, Mashed Potatoes Corn & Cheese, Whole Grain Biscuit, Orange, Fluid Milk 16	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Apple, Fluid Milk, Ketchup 17	Egg & Cheese Omelet, Whole Grain French Toast Sticks, Sweet Potato Wedges, Pear, Fluid Milk, Syrup 18	Holiday Special Roast Chik'n w/ Gra vy, Cornbread Stuffing, Mashed Potatoes, Wheat Roll, Banana, Fluid Milk 19	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 20
Honey Jerk Tofu, WG Cornbread(2), Carrots, Orange, Fluid Milk 23	Veggie Fritters, Brown Rice, Black Beans & Corn, Apple, Fluid Milk 24	Holiday - No Meals 25	Holiday - No Meals 26	Holiday - No Meals 27
Chik'n Nuggets, Brown Rice, Sweet Potato Fries, Applesauce, Fluid Milk, Ketchup 30				

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.



November Boston Collegiate Cold Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk 2	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Sugar Snap Peas, Fruit, Fluid Milk 3	Chicken Salad, Whole Grain Croissant, Carrots, Fruit, Fluid Milk 4	Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Fruit, Fluid Milk 5	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Fruit, Fluid Milk 6
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk 9	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Fruit, Fluid Milk 10	Holiday - No Meals 11	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Broccoli, Fruit, Fluid Milk 12	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Fruit, Fluid Milk 13
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk 16	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Fruit, Fluid Milk 17	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Fruit, Fluid Milk 18	Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Fruit, Fluid Milk 19	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Fruit, Fluid Milk 20
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit, Fluid Milk 23	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Fruit, Fluid Milk 24	Holiday - No Meals 25	Holiday - No Meals 26	Holiday - No Meals 27
BBQ Chicken Bento Box (BBQ Chicken, Cheese, WG Crackers), Carrots, Fruit, Fluid Milk 30				



**November 2026 Boston Collegiate
Caribbean Lunch Menu
UPPER SCHOOL ONLY**

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Pastelon w/ Plantains, Cornbread Loaf 2	Roasted Pork, Yellow Rice, Stewed Beans 3	Jambalaya (Chicken and Turkey-Kielbasa), Cilantro Lime Rice, Kale and Peppers 4	Chicken Sofrito, Yucca, Carrots, Wheat Roll(2) 5	Latin Shepherd's Pie (Beef) with Plantains and Potatoes, Cornbread Loaf 6
Pork Linguica with Onions, Mashed Potatoes, Broccoli and Peppers, Wheat Roll 9	Caribbean Beef with Peppers and Onions, Cilantro Lime Rice, Mixed Vegetables 10	Holiday - No Meals	Arroz con Pollo, Yellow Rice, Stewed Beans 1	Chicken Saltimboca, Roasted Potatoes, Carrots, Wheat Bread 2
Caribbean Pork Verde Tacos with Lime, Mexican Rice, Tortilla Wrap (1), Brussel Sprouts 16	BBQ Jerk Chicken Drumstick, Brown Rice, Stewed Beans 17	Rosemary Garlic Chicken, Orzo, Mashed Butternut Squash, Wheat Roll 18	Pastelon w/ Beef and Plantains, Cornbread Loaf 19	Holiday Special Roast Turkey w/ Gravy, Cornbread Stuffing, Mashed Potatoes, Broccoli, Wheat Roll 20
Honey Jerk Chicken Wings(3 wings), WG Cornbread (2), Carrots 23	Creamy Cajun Chicken, Mashed Potatoes, Green Peas & Red Peppers, Wheat Roll 24	Holiday - No Meals 25	Holiday - No Meals 26	Holiday - No Meals 27
Jamaican Beef Patty, Yellow Rice, Broccoli 30				<i>A variety of fruit and milk types are offered with all meals</i>