



October 2026
Boston Collegiate
Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
			Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk	NO SCHOOL
			1	2
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 Cinnamon Loaf , 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
5	6	7	8	9
Holiday - No Meal	Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Chocolate Chip Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk	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 Whole Grain Mini Pancakes w/ Fruit Compote, 100% Fruit Juice, Fluid Milk
12	13	14	15	16
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 Cinnamon Loaf, 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
19	20	21	22	23
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk	Whole Grain Pumpkin Bread, Fresh Orange, 100% Fruit Juice, Fluid Milk OR Whole Grain Corn Muffin, Chicken Sausage, Cinnamon Apples, 100% Fruit Juice, Fluid Milk	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 Whole Grain French Toast w/ Syrup, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk
26	27	28	29	30



October Boston Collegiate Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
			Buffalo Chicken Poppers, 3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk	NO SCHOOL
			1	2
Sweet Mango Chili Chicken (3 wings), Brown Rice, Green Beans, Orange, Fluid Milk	Turkey Meatball Tortellini Bake w/ Mozzarella & Parm, Broccoli, Apple, Fluid Milk	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup	Beef Chili w/ Cheese, Frito Corn Chips(2), Banana, Fluid Milk, Sour Cream	Whole Grain Turkey-Pepperoni Pizza, Carrots, Fruit Cup, Fluid Milk
5	6	7	8	9
Holiday - No Meals	Whole Grain Chicken Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup	Cheeseburger, Wheat Bun, Baked Beans, Pear, Fluid Milk, Ketchup	BBQ Chicken, Plantains, Cornbread(2), Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Broccoli & Red Peppers, Fruit Cup, Fluid Milk
12	13	14	15	16
Whole Grain Popcorn Chicken, Mashed Potatoes Corn & Cheese, Whole Grain Biscuit, Orange, Fluid Milk, Sour Cream	Breakfast Chicken Sausage, Whole Grain French Toast Sticks, Sweet Potato Wedges, Apple, Fluid Milk, Syrup	Hot Dog (Turkey), Hot Dog Bun, Baked Beans, Pear, Fluid Milk, Ketchup	Beef Pastelon with Plantains, Cornbread(2), Banana, Fluid Milk	Whole Grain Cheese Pizza w/ Turkey Bacon, Broccoli, Fruit Cup, Fluid Milk
19	20	21	22	23
Jamaican Beef Patty, Brown Rice, Sweet Potato Wedges, Orange, Fluid Milk	Honey Jerk Chicken Wings(3), WG Cornbread(2), Green Beans, Apple, Fluid Milk	Orange Chicken, Vegetable Fried Rice w/ Egg, Broccoli, Pear, Fluid Milk	Chicken Tacos, WG Tortilla Wrap(2), Black Beans & Corn w/ Peppers, Banana, Fluid Milk, Sour Cream	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Potato Wedges, Fruit Cup, Fluid Milk, Ketchup
26	27	28	29	30



October Boston Collegiate Vegetarian Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
			3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk	NO SCHOOL
			1	2
Sweet Mango Chili Tofu, Brown Rice, Green Beans, Orange, Fluid Milk	Vegetarian Meatball Tortellini Bake w/ Mozzarella & Parm, Broccoli, Apple, Fluid Milk	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup	Three Bean Chili w/ Cheese, Frito Corn Chips(2), Banana, Fluid Milk, Sour Cream	Whole Grain Cheese Pizza, Carrots, Fruit Cup, Fluid Milk
5	6	7	8	9
Holiday - No Meals	Chik'n Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Pear, Fluid Milk, Ketchup	BBQ Chickpeas, Plantains, Cornbread(2), Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Broccoli & Red Peppers, Fruit Cup, Fluid Milk
12	13	14	15	16
Chik'n Nuggets, Mashed Potatoes Corn & Cheese, Whole Grain Biscuit, Orange, Fluid Milk, Sour Cream	Egg Omelet, Whole Grain French Toast Sticks, Sweet Potato Wedges, Apple, Fluid Milk, Syrup	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Pear, Fluid Milk, Ketchup	Vegetarian Pastelon with Plantains, Cornbread(2), Banana, Fluid Milk	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk
19	20	21	22	23
Veggie Fritters, Brown Rice, Sweet Potato Wedges, Orange, Fluid Milk	Honey Jerk Tofu, WG Cornbread(2), Green Beans, Apple, Fluid Milk	Orange Chik'n, Vegetable Fried Rice w/ Egg, Broccoli, Pear, Fluid Milk	Refried Bean & Cheese Tacos, WG Tortilla Wrap(2), Black Beans & Corn w/ Peppers, Banana, Fluid Milk, Sour Cream	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Potato Wedges, Fruit Cup, Fluid Milk, Ketchup
26	27	28	29	30



October Boston Collegiate Cold Lunch Menu

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



October Boston Collegiate Caribbean Lunch Menu (Upper School only)

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Monday	Tuesday	Wednesday	Thursday	Friday
			Pernil (Roasted Pork), Cilantro Lime Rice, Carrots	NO SCHOOL
			1	2
Bistec Encebollado (Puerto Rican Steak & Onions), Yucca, Broccoli, Cornbread Loaf	Chicken Pot Pie w/ WG Biscuit, Green Beans & Red Peppers	Creole Chicken w/ Chorizo, Brown Rice & Lentils, Black Beans, Corn & Peppers	Sancocho w/ Beef & Chicken, Mashed Potatoes, Carrots, Cornbread Loaf	Chicken in Sage Cream Sauce with Butternut Squash Ravioli, Broccoli, Wheat Dinner Roll
5	6	7	8	9
Holiday - No Meals	Pork Linguica w/ Onions, Yellow Rice, Roasted Potatoes, Wheat Roll	Lentil Okra Coconut Stew, Brown Rice, Mixed Vegetables	Pollo Guisado (Chicken), Black Eyed Peas, Kale & Red Peppers, Wheat Roll(2)	Curried Beef, Cilantro Lime Rice, Carrots
12	13	14	15	16
Beef Stroganoff, Egg Noodles, Broccoli	Creamy Cajun Chicken, Mashed Potatoes, California Blend Vegetables, Wheat Roll	Beef Mac & Cheese Tortellini, Green Peas, Wheat Roll	Beef Picadillo, Brown Rice & Pigeon Peas, Carrots	BBQ Jerk Pork, Mofungo (Mashed Plantains), Stewed Beans, Cornbread Loaf
19	20	21	22	23
Stewed Tomato Chicken Drumstick, Yucca, Mixed Vegetables, Wheat Roll	Porok Sausage Abruzzi, Egg Noodles, Green Beans & Red Peppers	Dominican Style Chicken, Yellow Rice, Carrots, Wheat Roll	Pork Verde Tacos w/ Lime Wedge, Mexican Rice, Broccoli, Tortilla Wraps	Southwest Beef & Bean Chili w/ Shredded Cheese, Green Peas, Cornbread Bowl
26	27	28	29	30