



Boston Collegiate September 2026 Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk	Whole Grain Banana Muffin, 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, Fruit, 100% Fruit Juice, Fluid Milk
	1	2	3	4
Holiday - No Meals	Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 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
7	8	9	10	11
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk	Whole Grain Blueberry 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
14	15	16	17	18
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	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
21	22	23	24	25
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 Banana Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk OR Whole Grain Corn Muffin, Chicken Sausage, Cinnamon Apples, 100% Fruit Juice, Fluid Milk		
28	29	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.



Boston Collegiate September 2026 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	Jamaican Beef Patty, Brown Rice, Stewed Beans, Apple, Fluid Milk	Chicken Tacos, Corn & Red Peppers, Wheat Tortilla Wrap, Pear, Fluid Milk, Sour Cream	3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, California Blend Vegetables, Fruit Cup, Fluid Milk
	1	2	3	4
Holiday - No Meal	Whole Grain Chicken Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup	Beef Nacho Dip w/ Black Beans & Corn, Tortilla Chips(2), Banana, Fluid Milk, Sour Cream	Whole Grain Turkey-Pepperoni Pizza, Broccoli, Fruit Cup, Fluid Milk
7	8	9	10	11
Sweet Mango Chili Chicken, Brown Rice, Edamame, Corn & Peppers, Orange, Fluid Milk	Cheeseburger, Wheat Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup	Baked Whole Grain Pasta w/ Red Meat Sauce (Beef) Mozzarella & Parm, Broccoli, Pear, Fluid Milk	BBQ Chicken, Plantains, Cornbread(2), Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk
14	15	16	17	18
Philly Steak & Cheese, Wheat Hoagie Bun, Mixed Vegetables, Orange, Fluid Milk	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, Broccoli, Fruit Cup, Fluid Milk
21	22	23	24	25
Honey Jerk Chicken Wings, WG Cornbread(2), Carrots, Orange, Fluid Milk	Whole Grain Popcorn Chicken, Mashed Potatoes, Corn & Cheese, Whole Grain Biscuit, Apple, Fluid Milk	Teriyaki Turkey Meatballs, Vegetable Fried Rice, Edamame & Corn, Pear, Fluid Milk		<i>A variety of fresh, cupped and 100% fruit juice are offered with all meals.</i> <i>A variety of fluid milk is offered with all meals.</i>
28	29	30		



Boston Collegiate September 2026
Vegetarian Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	Veggie Fritters, Brown Rice(1 CUP), Stewed Beans, Apple, Fluid Milk	Refried Bean & Cheese Tacos, Corn & Red Peppers, Wheat Tortilla Wrap, Pear, Fluid Milk, Sour Cream	3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, California Blend Vegetables, Fruit Cup, Fluid Milk
	1	2	3	4
Holiday - No Meal	Chik'n Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup	Refried Bean & Cheese Nacho Dip w/ Black Beans & Corn, Tortilla Chips, Banana, Fluid Milk, Sour Cream	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk
7	8	9	10	11
Sweet Mango Chili Tofu, Brown Rice, Edamame, Corn & Peppers, Orange, Fluid Milk	Veggie Burger & Cheese, Wheat Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup	Baked Whole Grain Pasta w/ Vegetarian Bolognese Sauce (Lentil) Mozzarella & Parm, Broccoli, Pear, Fluid Milk	BBQ Chickpeas, Plantains, Cornbread, Banana, Fluid Milk	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk
14	15	16	17	18
Philly Tofu & Cheese, Wheat Hoagie Bun, Mixed Vegetables, Orange, Fluid Milk	Breakfast Veggie Sausage, 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, Banana, Fluid Milk	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk
21	22	23	24	25
Honey Jerk Tofu, WG Cornbread, Carrots, Orange, Fluid Milk	Vegan Chik'n Bites, Mashed Potatoes, Corn & Cheese, Whole Grain Biscuit, Apple, Fluid Milk	Teriyaki Vegetarian Meatballs, Vegetable Fried Rice, Edamame & Corn, Pear, Fluid Milk		<i>A variety of fresh, cupped and 100% fruit juice are offered with all meals.</i> <i>A variety of fluid milk is offered with all meals.</i>
28	29	30		



Boston Collegiate September 2026 Cold Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
	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, Broccoli, Banana, Fluid Milk	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk
	1	2	3	4
Holiday - No Meals	BBQ Chicken Bento Box (BBQ Chicken, WG Crackers, Cheese), Sugar Snap Peas, Apple, 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
7	8	9	10	11
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, Broccoli, Banana, Fluid Milk	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk
14	15	16	17	18
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Applesauce, 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
21	22	23	24	25
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		<i>A variety of fresh, cupped and 100% fruit juice are offered with all meals.</i> <i>A variety of fluid milk is offered with all meals.</i>
28	29	30		



Boston Collegiate September 2026
Caribbean Lunch Menu - Upper School Only

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
	Roasted Chicken Thigh, Mac & Cheese, Corn & Peppers	Jambalaya (Chicken & Turkey Kielbasa), Yellow Rice, California Vegetables	Chicken Sofrito, Yucca, Green Beans & Red Peppers	Beef Pastelon w/ Plantains, Cornbread
	1	2	3	4
Holiday - No Meal	Pork Linguica w/ Onions, Brown Rice, Carrots	Caribbean Beef w/ Peppers & Onions, Cilantro Lime Rice, Mixed Vegetables	Arroz con Pollo, Yellow Rice, Kale & Peppers, Wheat Roll	Caribbean Pork Tacos with Lime Wedge, Mexican Rice, Green Peas, Tortilla Wrap
7	8	9	10	11
Cachupa Rica (Pork), White Rice, Broccoli	BBQ Jerk Chicken Drumstick, Mofungo (Mashed Plantains), Cornbread loaf	Cheese Lasagna w/ Turkey Bolognese, Tuscan Blend Vegetables, Garlic Bread	Latin Shepherd's Pie (Beef), Plantains & Potatoes, Cornbread	Lentil-Okra Coconut Stew, Brown Rice, Carrots
14	15	16	17	18
Tuscan Chicken, Rice Pilaf, Mixed Vegetables	Beef Stew, Buttermilk Biscuit, Green Peas	Haitian Spaghetti w/ Beef, Whole Grain Pasta, Broccoli	Dominican Style Chicken, Rice and Beans, Vegetable Medley	Frango Assado (Chicken), Roasted Potatoes, Brussel Sprouts, Cornbread Loaf
21	22	23	24	25
Pork with Pineapple-Mango Salsa, Yellow Rice & Black Eyed Peas, Mixed Vegetables	Beef Picadillo, Brown Rice, Green Beans & Red Peppers	Haitian Stewed Chicken Drumstick, Yucca, Brussel Sprouts		<i>A variety of fresh, cupped and 100% fruit juice are offered with all meals.</i> <i>A variety of fluid milk is offered with all meals.</i>
28	29	30		