

January 6th to 10th

Boston Collegiate

Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	Muffin & 100% Juice Box	Sausage and Cheddar Breakfast burrito w/ onions & peppers & Fresh Fruit	Fruit, Granola Yogurt Parfait	WG Pancakes w/ Syrup & Fresh Fruit
Hot Lunch	Jamacian Beef Pattie & coconut Rice	Cheese Raviolis with Bolognese sauce	Chicken Teriyaki Stir Fry over Fried Rice	BBQ Chicken Thigh with Rice & Pigeon Peas	Fresh-Pax French Bread Pizza with Pepperoni
Veggie Lunch	Jamacian Veggie Pattie & coconut Rice	Cheese Raviolis with Marinara sauce	Black Bean & tofu Teriyaki Stir Fry over Fried Rice	Seasoned Pinto Beans with Rice	Fresh-Pax French Bread Pizza
Allergen Lunch	Roast Chicken Drum with Rice Pilaf	Pasta with Bolognese sauce	Grilled Chicken Stir Fry over Rice - NO Soy	BBQ Chicken Thigh with Rice & Pigeon Peas	Bacon Burger on a roll
Hot Lunch Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Hot Lunch Vegetable	Seasoned Pinto Beans	Fresh Roasted Zucchini	Fresh Broccoli	Fresh Carrots	Green Salad & Dressing
Cold Lunch	Lean Roast Beef with BBQ Sauce on the side	Buffalo chicken wrap with lettuce & tom	Chicken Caesar Salad	Italian Hoagie w/ Lett, tomato & mayo	Tuna Salad Wrap with lettuce & tomato
Cold Lunch Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cold Lunch Vegetable	Fresh Carrots	Seasoned Pinto Beans	Pita Bread & Dressing	Fresh Broccoli & Dip	Zucchini sticks

January 13th to 17th

Boston Collegiate

Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	Muffin & 100% Juice Box	Egg & Cheese Croissant & Fresh Fruit	Blueberry Pancakes & Apple Sauce	WG Bagel w/Butter & Fresh Fruit
Hot Lunch	Crispy Nashville Chicken Sandwich	Curried Chicken over rice	BBQ Pulled Chix Sandwich	Baked Mac & Cheese	Smashburger - WG roll
Veggie Lunch	Vegetable Pa Thai with black beans	Curried Chick Peas over rice	Pressed Hummus & Feta Wrap	Baked Mac & Cheese	Veggie Burger on a roll
Allergen Lunch	Crispy Nashville Chicken Sandwich	Curried Chicken over rice	BBQ Pulled Chix Sandwich	Chicken Taco over Tex Mex Rice & Tortilla	Smashburger - WG roll
Hot Lunch Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Hot Lunch Vegetable	Cole Slaw	Gingered Carrots	Vegetarian Baked Beans	Roasted Broccoli	Oven Baked Fries
Cold Lunch	Turkey & Cheese Wrap with LT	Cool Ranch Chicken Salad sand. Lett & tom	Mediterranean Green Salad with Chicken	Shredded jerk chicken wrap with lett & tom	All American Sub with ham, bologna, cheese,lett & tom
Cold Lunch Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Vegetable	Red Pepper Strips	Fresh Carrot Stix	Mixed greens	Black Bean Salad	Cole Slaw

January 20th to 24th

Boston Collegiate

Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	NO SCHOOL MLK DAY	Muffin & 100% Juice Box	Sausage & Cheese Biscuit & Fresh Fruit	WG Bagel w/butter & Fresh Fruit	WG Pancakes w/ Syrup & Fresh Fruit
Hot Lunch		Chicken Teriyaki Dumplings & Fried Rice	Chicken Parm over pasta	Chicken Fajita with Cheddar	Fresh-Pax French Bread Pizza with Pepperoni
Veggie Lunch		Vegetarian Dumplings over fried Rice	Grilled Cheese with Tomato	Vegetable & cheese Fritata	Fresh-Pax French Bread Pizza
Allergen Lunch		Chicken Nuggets over rice with duck sauce	Pasta with Bolognese sauce	Chicken Fajita with Onions & peppers	All Beef Hot Dog
Hot Lunch Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Hot Lunch Vegetable		Fresh Broccoli	Seasoned Green Beans	Seasoned Black Beans	Sweet potato Fries
Cold Lunch		Ham & cheese Sub with lettuce & Tomato	Greek Pasta Salad with Diced Chicken	Chipotle chicken wrap w/lettuce and tomatoes	BLT Wrap with mayo
Cold Lunch Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Vegetable		Broccoli & Dip	Seasoned pinto beans	Fresh Zucchini Stix	Cucumber slices

January 27th to 31st

Boston Collegiate

Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	Muffin & 100% Juice Box	Bacon, Egg & Cheese Muffin & Fresh Fruit	Fruit, Granola Yogurt Parfait	WG croissant w/Jelly & Fresh Fruit
Hot Lunch	BBQ Chicken Thigh with Dirty Rice	Hoisen Beef Stir Fry over Fried Rice	Chicken Caesar Salad with WG roll Dressing	Sweet Chili Thai Meatballs over noodles	Crispy Chicken Sandwich with Cheese
Veggie Lunch	Vegetable Jambalaya	Vegetable Stir Fry with Black Beans over fried rice	Greek Pasta Salad with Feta, olives and Chick peas	Sweet Chili Thai Meatballs over noodles	Stuffed Shells with marinara sauce & Mozzarella
Allergen Lunch	BBQ Chicken Thigh with Dirty Rice	Beef Stir Fry over Fried Rice NO SOY	Green Salad with Grilled Chicken - Italian Dressing	Sweet Chili Thai Chicken over noodle	Crispy Chicken Sandwich
Hot Lunch Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Hot Lunch Vegetable	Smokey BBQ Black Beans	Spicy Green Beans	Romaine & tomatoes	Fresh Gingered Broccoli	Sweet potato Fries
Cold Lunch	Turkey & Cheese Wrap with LT	Buffalo chicken wrap with lettuce & tom	Green Salad with Chicken	Tuna Salad Sand with lettuce & tomato	Italian Sub with LT & Fresh Veg
Cold Lunch Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Cold Lunch Vegetable	Fresh Carrots	Fresh Broccoli & Dip	in salad with Roll	seasoned pinto beans	Fresh Zucchini stix