

October 28th to November 1



Boston Collegiate

Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	WG French Toast Sticks & Apple Sauce	Sausage and Cheese Breakfast burrito	WG Bagel, jelly & Fresh Fruit	WG Pancakes w/ Syrup & Fresh Fruit
Hot Lunch	Hispanic Chicken w/ Yellow Rice	Cilantro Lime chicken with WG Rice	Chicken Caesar Salad with WG roll Dressing	Breaded Chicken Chunks with Duck sauce & WG Rice	Sal's WG Pizza
Veggie Lunch	Bean & Cheese Burrito WG tortilla	Cilantro Lime Pinto Beans with red peppers	Greek Salad with Feta, Olives & Kidney beans - dressing WG roll	Hummus, Cheese & Veg Wrap	Sal's Famous Wg Sicilian Pizza
Cold Lunch	Cuban Sandwich W/ Pickles	Buffalo chicken wrap with lettuce & tom	BBQ chicken Sandwich with cheddar	Italian Hoagie w/ Lett, tomato & mayo	Tuna Salad Wrap with lettuce & tomato
Allergen Lunch	Hispanic Chicken w/ Yellow Rice	Cilantro Lime Chix w/ WG Rice	Grilled Chicken Salad GF roll	Grilled Chicken Salad with Dressing	Sweet & Sour Chicken w/ Brown Rice

November 4 to November 8



Boston Collegiate

Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	WG Muffin /Fresh Fruit	Egg & Cheese Croissant	WG French Toast Sticks & Apple Sauce	WG Bagel w/Jelly & Fresh Fruit
Hot Lunch	Chicken Teri over WG Fried Rice	BBQ Pulled Chicken with WG Roll	Italian Meatballs with Spaghetti	Asian Sesame WG Noodles with Black Beans and Chicken	Smashburger - WG roll
Veggie Lunch	Tofu Teriyaki over WG Fried Rice	White Bean & Vegetable Quinoa	Bean & Cheese Burrito WG tortilla	Asian Sesame WG Noodles with Black Beans and Tofu	Veggie Burger - Wg roll
Cold Lunch	Turkey & Cheese Sandwich with lett & tomato	Cool Ranch Chicken Salad sand. Lett & tom	Green Salad topped with Chicken, WG roll & dressing	Shredded jerk chicken wrap with lett & tom	All American Sub with ham, bologna, cheese,lett & tom
Allergen Lunch	Chicken Teriyaki with (EF) WG Fried Rice	BBQ Pulled Chicken with WG Rice	WG Pasta with Meat Sauce	Asian Chicken W/Fried rice and black beans	Turkey Smashburger -GF roll

November 11 to November 15



Boston Collegiate

Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	NO SCHOOL	WG French Toast Sticks & Apple Sauce	Sausage and Cheese Croissant	WG Bagel, jelly & Fresh Fruit	WG Pancakes w/ Syrup & Fresh Fruit
Hot Lunch		Chicken parm with Pasta	Chicken Taco with WG Mexican rice	Sweet & Sour Chicken w/ Brown Rice	Sal's WG Pizza
Veggie Lunch		Farro with Feta, Kidney Beans, tomato	SWest Veggie Bowl - WG Rice, blk beans corn peppers, cheese & salsa	Sweet & Sour Tofu w/ Brown Rice	Sal's Famous Wg Sicilian Pizza
Cold Lunch		Ham & cheese sandwich lett, tom & mustard	Cold Tex Mex Chicken Rice bowl	Chipotle chicken wrap w/lettuce and tomatoes	BLT Wrap with mayo
Allergen Lunch		BBQ Pulled Chicken with WG Roll	Chicken Taco with wg Mexican rice(corn tortilla)	Sweet & Sour Chicken w/ Brown Rice	Lentil Bolognese over WG pasta

November 18 to November 22



Boston Collegiate Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	WG Muffin /Fresh Fruit	Egg and cheese on English muffin	WG Bagel, jelly & Fresh Fruit	WG croissant w/Jelly & Fresh Fruit
Hot Lunch	BBQ Chicken with Dirty Rice	Wg Pasta W/ Turkey meat sauce	Chicken & Cheese Quesadilla WG tortilla	Turkey Thai Meat Balls wg Noodles	Brd Chicken Breast Sandwich on WG roll
Veggie Lunch	BBQ Pinto Beans with red peppers & WG Rice	White Bean & Vegetable Quinoa	Bean & Cheese Burrito WG tortilla	Baked Potato & Cheese	Veggie Burger - Wg roll
Cold Lunch	Turkey & Cheese Wrap with LT	Ham & Cheese Hoagie - Lettuce & tomato	Chicken Caesar Salad with wg roll & dressing	Chicken Fajita Wrap with Cheddar & fresh veg	Italian Sub with LT & Fresh Veg
Allergen Lunch	BBQ Chicken with Dirty Rice	Chicken Cacciatore W/ Wg Rice	SWest Chicken Bowl - WG Rice, corn peppers	Baked Potato with chili	Turkey Burger on a GF Roll

November 25 to November 29



Boston Collegiate Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal & Fresh Fruit	WG French Toast Sticks & Apple Sauce	NO SCHOOL	NO SCHOOL	NO SCHOOL
Hot Lunch	WG Lasagna W/ cheese & Meatsauce	Roast Turkey Dinner			
Veggie Lunch	WG Lasagna W/ cheese	Vegeterian Dumplings W/ brown rice			
Cold Lunch	Cool Ranch Chicken & bacon Wrap	Tuna Sub w/wg Roll			
Allergen Lunch	Roasted Chix w br rice	Turkey Meat sauce w/gf			