September 2026 K-12 Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk August 31st	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk 1	Whole Grain Banana Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 2	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk 3	Whole Grain Strawberry Pancake Bites, Pear, 100% Fruit Juice, Fluid Milk 4
Holiday - No Meals 7	Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk 8	Whole Grain Chocolate Chip Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 9	Whole Grain Stuffed Cinnamon Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk 10	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk 11
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk 14	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk 15	Whole Grain Blueberry Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 16	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk 17	Whole Grain Strawberry Pancake Bites, Pear, 100% Fruit Juice, Fluid Milk 18
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk 21	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk 22	Whole Grain Cinnamon Loaf, Fresh Orange, 100% Fruit Juice, Fluid Milk 23	Whole Grain Stuffed Strawberry Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk 24	Whole Grain Croissant w/ Jelly, Pear, 100% Fruit Juice, Fluid Milk 25
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk 28	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk 29	Whole Grain Banana Muffin, Fresh Orange, 100% Fruit Juice, Fluid Milk 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 |

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September 2026 K-12
Hot Breakfast Menu

Delivering health one meal at a time!

Monday	Tuesday	HOT BREAKFAST Wednesday	Thursday	HOT BREAKFAST Friday
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk **August 31st**	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk **1**	Whole Grain Corn Muffin, Chicken Sausage, Cinnamon Apples, 100% Fruit Juice, Fluid Milk **2**	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk **3**	Whole Grain French Toast w/ Syrup, Breakfast Potatoes, Fruit, 100% Fruit Juice, Fluid Milk **4**
Holiday - No Meals **7**	Whole Grain Cereal (Apple Cinnamon Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk **8**	Cheese Omelet, Whole Grain Biscuit, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk **9**	Whole Grain Stuffed Cinnamon Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk **10**	Breakfast Pizza Bagel (Egg & Turkey Sausage), Fruit, 100% Fruit Juice, Fluid Milk **11**
Whole Grain Cereal (Honey Cheerios), Applesauce, 100% Fruit Juice, Fluid Milk **14**	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk **15**	Egg & Cheese Sandwich on Whole Grain English Muffin, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk **16**	Whole Grain Bagel w/ Cream Cheese, Fresh Apple, 100% Fruit Juice, Fluid Milk **17**	Whole Grain Mini Pancakes w/ Fruit Compote, 100% Fruit Juice, Fluid Milk **18**
Whole Grain Cereal (Low Sugar Trix Cereal), Applesauce, 100% Fruit Juice, Fluid Milk **21**	Whole Grain Granola & Yogurt, Fruit Cup, 100% Fruit Juice, Fluid Milk **22**	Maple Waffles, Cinnamon Peaches, 100% Fruit Juice, Fluid Milk **23**	Whole Grain Stuffed Strawberry Cream Cheese Bagel, Fresh Apple, 100% Fruit Juice, Fluid Milk **24**	Pancake & Chicken Sausage Breakfast Sandwich, Breakfast Potatoes, 100% Fruit Juice, Fluid Milk **25**
Whole Grain Cereal (Cinnamon Toast Crunch), Applesauce, 100% Fruit Juice, Fluid Milk **28**	Whole Grain Breakfast Bar, Fruit Cup, 100% Fruit Juice, Fluid Milk **29**	Whole Grain Corn Muffin, Chicken Sausage, Cinnamon Apples, 100% Fruit Juice, Fluid Milk **30**		

CITY FRESH FOODS

September 2026
K-8 Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Honey Jerk Chicken Wings, WG Cornbread, Carrots, Orange, Fluid Milk August 31st	Jamaican Beef Patty, Brown Rice, Stewed Beans, Apple, Fluid Milk 1	Chicken Tacos, Corn & Red Peppers, Wheat Tortilla Wrap, Pear, Fluid Milk, Sour Cream 2	3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk 3	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, California Blend Vegetables, Fruit Cup, Fluid Milk 4
Holiday - No Meal 7	Whole Grain Chicken Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup 8	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup 9	Beef Nacho Dip w/ Black Beans & Corn, Tortilla Chips, Banana, Fluid Milk, Sour Cream 10	Whole Grain Turkey-Pepperoni Pizza, Broccoli, Fruit Cup, Fluid Milk 11
Sweet Mango Chili Chicken, Brown Rice, Edamame, Corn & Peppers, Orange, Fluid Milk 14	Cheeseburger, Wheat Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup 15	Baked Whole Grain Pasta w/ Red Meat Sauce (Beef) Mozzarella & Parm, Broccoli, Pear, Fluid Milk 16	BBQ Chicken, Plantains, Cornbread, Banana, Fluid Milk 17	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk 18
Philly Steak & Cheese, Wheat Hoagie Bun, Mixed Vegetables, Orange, Fluid Milk 21	Breakfast Chicken Sausage, Whole Grain French Toast Sticks, Sweet Potato Wedges, Apple, Fluid Milk, Syrup 22	Hot Dog (Turkey), Hot Dog Bun, Baked Beans, Pear, Fluid Milk, Ketchup 23	Beef Pastelon with Plantains, Cornbread, Banana, Fluid Milk 24	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 25
Honey Jerk Chicken Wings, WG Cornbread, Carrots, Orange, Fluid Milk 28	Whole Grain Popcorn Chicken, Mashed Potatoes, Corn & Cheese, Whole Grain Biscuit, Apple, Fluid Milk 29	Teriyaki Turkey Meatballs, Vegetable Fried Rice, Edamame & Corn, Pear, Fluid Milk 30		***A variety of fluid milk is offered with all meals.***

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September 2026
K-8 Vegetarian Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Honey Jerk Tofu, WG Cornbread, Carrots, Orange, Fluid Milk August 31st	Veggie Fritters, Brown Rice, Stewed Beans, Apple, Fluid Milk 1	Refried Bean & Cheese Tacos, Corn & Red Peppers, Wheat Tortilla Wrap, Pear, Fluid Milk, Sour Cream 2	3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk 3	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, California Blend Vegetables, Fruit Cup, Fluid Milk 4
Holiday - No Meal 7	Chik'n Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup 8	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup 9	Refried Bean & Cheese Nacho Dip w/ Black Beans & Corn, Tortilla Chips, Banana, Fluid Milk, Sour Cream 10	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 11
Sweet Mango Chili Tofu, Brown Rice, Edamame, Corn & Peppers, Orange, Fluid Milk 14	Veggie Burger & Cheese, Wheat Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup 15	Baked Whole Grain Pasta w/ Vegetarian Bolognese Sauce (Lentil) Mozzarella & Parm, Broccoli, Pear, Fluid Milk 16	BBQ Chickpeas, Plantains, Cornbread, Banana, Fluid Milk 17	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk 18
Philly Tofu & Cheese, Wheat Hoagie Bun, Mixed Vegetables, Orange, Fluid Milk 21	Breakfast Veggie Sausage, Whole Grain French Toast Sticks, Sweet Potato Wedges, Apple, Fluid Milk, Syrup 22	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Pear, Fluid Milk, Ketchup 23	Vegetarian Pastelon with Plantains, Cornbread, Banana, Fluid Milk 24	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 25
Honey Jerk Tofu, WG Cornbread, Carrots, Orange, Fluid Milk 28	Vegan Chik'n Bites, Mashed Potatoes, Corn & Cheese, Whole Grain Biscuit, Apple, Fluid Milk 29	Teriyaki Vegetarian Meatballs, Vegetable Fried Rice, Edamame & Corn, Pear, Fluid Milk 30		***A variety of fluid milk is offered with all meals.***

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CITY FRESH FOODS

September 2026
K8 Cold Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk August 31st	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk 1	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk 2	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Banana, Fluid Milk 3	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk 4
Holiday - No Meals 7	BBQ Chicken Bento Box (BBQ Chicken, WG Crackers, Cheese), Sugar Snap Peas, Apple, Fluid Milk 8	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Fruit Cup, Fluid Milk 9	Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Banana, Fluid Milk 10	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Apple Slices, Fluid Milk 11
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk 14	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk 15	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk 16	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Banana, Fluid Milk 17	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk 18
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk 21	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk 22	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Applesauce, Fluid Milk 23	Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Banana, Fluid Milk 24	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Apple Slices, Fluid Milk 25
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk 28	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk 29	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk 30		***A variety of fluid milk is offered with all meals.***

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CITY FRESH FOODS

September 2026
9-12 Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Honey Jerk Chicken Wings, WG Cornbread(2), Carrots, Orange, Fluid Milk August 31st	Jamaican Beef Patty, Brown Rice, Stewed Beans, Apple, Fluid Milk 1	Chicken Tacos, Corn & Red Peppers, Wheat Tortilla Wrap, Pear, Fluid Milk, Sour Cream 2	3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk 3	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, California Blend Vegetables, Fruit Cup, Fluid Milk 4
Holiday - No Meal 7	Whole Grain Chicken Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup 8	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup 9	Beef Nacho Dip w/ Black Beans & Corn, Tortilla Chips(2), Banana, Fluid Milk, Sour Cream 10	Whole Grain Turkey-Pepperoni Pizza, Broccoli, Fruit Cup, Fluid Milk 11
Sweet Mango Chili Chicken, Brown Rice, Edamame, Corn & Peppers, Orange, Fluid Milk 14	Cheeseburger, Wheat Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup 15	Baked Whole Grain Pasta w/ Red Meat Sauce (Beef) Mozzarella & Parm, Broccoli, Pear, Fluid Milk 16	BBQ Chicken, Plantains, Cornbread(2), Banana, Fluid Milk 17	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk 18
Philly Steak & Cheese, Wheat Hoagie Bun, Mixed Vegetables, Orange, Fluid Milk 21	Breakfast Chicken Sausage, Whole Grain French Toast Sticks, Sweet Potato Wedges, Apple, Fluid Milk, Syrup 22	Hot Dog (Turkey), Hot Dog Bun, Baked Beans, Pear, Fluid Milk, Ketchup 23	Beef Pastelon with Plantains, Cornbread(2), Banana, Fluid Milk 24	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 25
Honey Jerk Chicken Wings, WG Cornbread(2), Carrots, Orange, Fluid Milk 28	Whole Grain Popcorn Chicken, Mashed Potatoes, Corn & Cheese, Whole Grain Biscuit, Apple, Fluid Milk 29	Teriyaki Turkey Meatballs, Vegetable Fried Rice, Edamame & Corn, Pear, Fluid Milk 30		***A variety of fresh, cupped and 100% fruit juice are offfered with all meals.*** ***A variety of fluid milk is offered with all meals.***

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CITY FRESH FOODS

September 2026
9-12 Vegetarian Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Honey Jerk Tofu, WG Cornbread, Carrots, Orange, Fluid Milk August 31st	Veggie Fritters, Brown Rice(1 CUP), Stewed Beans, Apple, Fluid Milk 1	Refried Bean & Cheese Tacos, Corn & Red Peppers, Wheat Tortilla Wrap, Pear, Fluid Milk, Sour Cream 2	3 Cheese Mac & Cheese, Broccoli, Banana, Fluid Milk 3	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, California Blend Vegetables, Fruit Cup, Fluid Milk 4
Holiday - No Meal 7	Chik'n Nuggets, Brown Rice, Sweet Potato Fries, Apple, Fluid Milk, Ketchup 8	Grilled Cheese on Croissant, Tater Tots, Pear, Fluid Milk, Ketchup 9	Refried Bean & Cheese Nacho Dip w/ Black Beans & Corn, Tortilla Chips, Banana, Fluid Milk, Sour Cream 10	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 11
Sweet Mango Chili Tofu, Brown Rice, Edamame, Corn & Peppers, Orange, Fluid Milk 14	Veggie Burger & Cheese, Wheat Bun, Sweet Potato Fries, Pear, Fluid Milk, Ketchup 15	Baked Whole Grain Pasta w/ Vegetarian Bolognese Sauce (Lentil) Mozzarella & Parm, Broccoli, Pear, Fluid Milk 16	BBQ Chickpeas, Plantains, Cornbread, Banana, Fluid Milk 17	Whole Grain Pull Apart Bread w/ Marinara Dipping Sauce, Green Beans, Fruit Cup, Fluid Milk 18
Philly Tofu & Cheese, Wheat Hoagie Bun, Mixed Vegetables, Orange, Fluid Milk 21	Breakfast Veggie Sausage, Whole Grain French Toast Sticks, Sweet Potato Wedges, Apple, Fluid Milk, Syrup 22	Veggie Burger & Cheese, Wheat Bun, Baked Beans, Pear, Fluid Milk, Ketchup 23	Vegetarian Pastelon with Plantains, Cornbread, Banana, Fluid Milk 24	Whole Grain Cheese Pizza, Broccoli, Fruit Cup, Fluid Milk 25
Honey Jerk Tofu, WG Cornbread, Carrots, Orange, Fluid Milk 28	Vegan Chik'n Bites, Mashed Potatoes, Corn & Cheese, Whole Grain Biscuit, Apple, Fluid Milk 29	Teriyaki Vegetarian Meatballs, Vegetable Fried Rice, Edamame & Corn, Pear, Fluid Milk 30		***A variety of fresh, cupped and 100% fruit juice are offfered with all meals.*** ***A variety of fluid milk is offered with all meals.***

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CITY FRESH FOODS

September 2026
9-12 Cold Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk August 31st	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk 1	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk 2	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Banana, Fluid Milk 3	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk 4
Holiday - No Meals 7	BBQ Chicken Bento Box (BBQ Chicken, WG Crackers, Cheese), Sugar Snap Peas, Apple, Fluid Milk 8	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Fruit Cup, Fluid Milk 9	Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Banana, Fluid Milk 10	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Apple Slices, Fluid Milk 11
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk 14	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk 15	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk 16	Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Banana, Fluid Milk 17	Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk 18
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk 21	Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk 22	Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Applesauce, Fluid Milk 23	Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Banana, Fluid Milk 24	Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Apple Slices, Fluid Milk 25
Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk 28	Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk 29	Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk 30		***A variety of fresh, cupped and 100% fruit juice are offfered with all meals.*** ***A variety of fluid milk is offered with all meals.***

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CITY FRESH FOODS

September 2026
9-12 Caribbean Lunch Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Haitian Stewed Chicken Drumstick, Yucca, Mixed Root Vegetables, Cornbread August 31st	Roasted Chicken Thigh, Mac & Cheese, Corn & Peppers 1	Jambalaya (Chicken & Turkey Kielbasa), Yellow Rice, California Vegetables 2	Chicken Sofrito, Yucca, Green Beans & Red Peppers 3	Beef Pastelon w/ Plaintains, Cornbread 4
Holiday - No Meal 7	Pork Linguica w/ Onions, Brown Rice, Carrots 8	Caribbean Beef w/ Peppers & Onions, Cilantro Lime Rice, Mixed Vegetables 9	Arroz con Pollo, Yellow Rice, Kale & Peppers, Wheat Roll 10	Caribbean Pork Tacos with Lime Wedge, Mexican Rice, Green Peas, Tortilla Wrap 11
Cachupa Rica (Pork), White Rice, Broccoli 14	BBQ Jerk Chicken Drumstick, Mofungo (Mashed Plantains), Cornbread loaf 15	Cheese Lasagna w/ Turkey Bolognese, Tuscan Blend Vegetables, Garlic Bread 16	Latin Shepherd's Pie (Beef), Plantains & Potatoes, Cornbread 17	Lentil-Okra Coconut Stew, Brown Rice, Carrots 18
Tuscan Chicken, Rice Pilaf, Mixed Vegetables 21	Beef Stew, Buttermilk Biscuit, Green Peas 22	Haitian Spaghetti w/ Beef, Whole Grain Pasta, Broccoli 23	Dominican Style Chicken, Rice and Beans, Vegetable Medley 24	Frango Assado (Chicken), Roasted Potatoes, Brussel Sprouts, Cornbread Loaf 25
Pork with Pineapple-Mango Salsa, Yellow Rice & Black Eyed Peas, Mixed Vegetables 28	Beef Picadillo, Brown Rice, Green Beans & Red Peppers 29	Haitian Stewed Chicken Drumstick, Yucca, Brussel Sprouts 30		***A variety of fresh, cupped and 100% fruit juice are offfered with all meals.*** ***A variety of fluid milk is offered with all meals.***

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CITY FRESH FOODS

September 2026
Breakfast & Lunch Aware of the Top 9 Allergens

Delivering health one meal at a time!

Meals are served with a variety of fresh fruit at each meal. Options may vary based on food allergies.

Please be aware, that while we strive to prepare fresh, safe and nutritious meals for individuals with food allergies, we are a large scale food service operator and we do have a variety of foods containing gluten, fish, shellfish, egg, milk and soybean on premise. Please contact City Fresh Foods for further questions on meal preparation.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Turkey Bolognese, Gluten Free Pasta, Carrots, Fruit August 31st	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit 1	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit 2	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Broccoli, Fruit 3	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Crispy Chicken, Quinoa, Plantains, Fruit 4
Holiday - No Meals 7	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese, Carrots, Fruit 8	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla, Black Beans, Fruit 9	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Chicken Taco "Casserole", Quinoa, Corn & Peppers, Fruit 10	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Turkey Bolognese, Gluten Free Pasta, Broccoli, Fruit 11
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet & Sour Turkey Meatballs, Brown Rice, Zucchini Squash, Fruit 14	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative BBQ Chicken, Brown Rice, Broccoli, Fruit 15	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative American Chop Suey with Gluten Free Pasta (Turkey), Carrots, Fruit 16	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Chicken Fajitas w/ Peppers, Onions & Dairy-Free Cheese, Corn Tortilla, Corn, Fruit 17	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Caribbean Chicken w/ Peppers, Whole Grain Grits, Black Beans, Fruit 18
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Pulled Honey Jerk Chicken Sandwich, Gluten Free Bun, Brussel Sprouts, Fruit 21	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken, Broccoli, Fruit 22	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Crispy Chicken Sandwich, Gluten Free Bun, Sweet Potatoes, Fruit 23	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Falafel Bites, Brown Rice, Zucchini Squash, Fruit 24	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese, Corn Tortilla Chips, Fruit 25
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Turkey Bolognese, Gluten Free Pasta, Carrots, Fruit 28	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit 29	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit 30		

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CITY FRESH FOODS

September 2026
Snack Menu

Delivering health one meal at a time!

Meals served with 1% fluid milk
All offered grains are whole grain rich

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Sunchip, Yogurt August 31st	Whole Grain Graham Bites, String Cheese 1	Whole Grain Wheat Thins, Hummus 2	Whole Grain Animal Crackers, Yogurt 3	Whole Grain Goldfish, String Cheese 4
Holiday - No Meals 7	Whole Grain Maple Waffle Bites, String Cheese 8	Whole Grain Cinnamon Grahams, Yogurt 9	Whole Grain Pretzels Goldfish, Hummus Cup 10	Whole Grain Animal Crackers, Yogurt 11
Whole Grain Sunchip, Yogurt 14	Whole Grain Graham Bites, String Cheese 15	Whole Grain Wheat Thins, Hummus 16	Whole Grain Animal Crackers, Yogurt 17	Whole Grain Goldfish, String Cheese 18
Whole Grain Tortilla Chips, Cheese Dip 21	Whole Grain Maple Waffle Bites, String Cheese 22	Whole Grain Cinnamon Grahams, Yogurt 23	Whole Grain Pretzels Goldfish, Hummus Cup 24	Whole Grain Animal Crackers, Yogurt 25
Whole Grain Sunchip, Yogurt 28	Whole Grain Graham Bites, String Cheese 29	Whole Grain Wheat Thins, Hummus 30		

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