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



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.

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

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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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<br>August 31st | Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk<br>1 | Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk<br>2 | Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Banana, Fluid Milk<br>3 | Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk<br>4 |
| **Holiday - No Meals**<br>7 | BBQ Chicken Bento Box (BBQ Chicken, WG Crackers, Cheese), Sugar Snap Peas, Apple, Fluid Milk<br>8 | Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Fruit Cup, Fluid Milk<br>9 | Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Banana, Fluid Milk<br>10 | Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Apple Slices, Fluid Milk<br>11 |
| Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk<br>14 | Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk<br>15 | Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk<br>16 | Chicken Caesar Wrap, Whole Grain Tortilla, Broccoli, Banana, Fluid Milk<br>17 | Pizza Bento Box (WG Pita, Shredded Mozzarella, Turkey-Pepperoni & Marinara), Carrots, Apple Slices, Fluid Milk<br>18 |
| Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk<br>21 | Chicken Salad, Whole Grain Croissant, Sugar Snap Peas, Orange, Fluid Milk<br>22 | Southwest Black Bean & Corn Dip w/ Cheese, Whole Grain Tortilla Chips, Applesauce, Fluid Milk<br>23 | Crispy Chicken WG Wrap w/ Romaine & Cheese, Broccoli, Banana, Fluid Milk<br>24 | Turkey-Ham & Cheddar Cheese Sandwich, Wheat Bun, Corn & Red Peppers, Apple Slices, Fluid Milk<br>25 |
| Turkey & Cheese Sandwich, Whole Grain Croissant, Carrots, Fruit Cup, Fluid Milk<br>28 | Buffalo-Ranch Chicken Dip, Whole Grain Tortilla Chips, Sugar Snap Peas, Orange, Fluid Milk<br>29 | Sunbutter & Jelly Sandwich, String Cheese, Whole Grain Goldfish, Carrots, Applesauce, Fluid Milk<br>30 | | ***A variety of fresh, cupped and 100% fruit juice are offfered with all meals.***<br>***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<br>August 31st | Roasted Chicken Thigh, Mac & Cheese, Corn & Peppers<br>1 | Jambalaya (Chicken & Turkey Kielbasa), Yellow Rice, California Vegetables<br>2 | Chicken Sofrito, Yucca, Green Beans & Red Peppers<br>3 | Beef Pastelon w/ Plaintains, Cornbread<br>4 |
| **Holiday - No Meal**<br>7 | Pork Linguica w/ Onions, Brown Rice, Carrots<br>8 | Caribbean Beef w/ Peppers & Onions, Cilantro Lime Rice, Mixed Vegetables<br>9 | Arroz con Pollo, Yellow Rice, Kale & Peppers, Wheat Roll<br>10 | Caribbean Pork Tacos with Lime Wedge, Mexican Rice, Green Peas, Tortilla Wrap<br>11 |
| Cachupa Rica (Pork), White Rice, Broccoli<br>14 | BBQ Jerk Chicken Drumstick, Mofungo (Mashed Plantains), Cornbread loaf<br>15 | Cheese Lasagna w/ Turkey Bolognese, Tuscan Blend Vegetables, Garlic Bread<br>16 | Latin Shepherd's Pie (Beef), Plantains & Potatoes, Cornbread<br>17 | Lentil-Okra Coconut Stew, Brown Rice, Carrots<br>18 |
| Tuscan Chicken, Rice Pilaf, Mixed Vegetables<br>21 | Beef Stew, Buttermilk Biscuit, Green Peas<br>22 | Haitian Spaghetti w/ Beef, Whole Grain Pasta, Broccoli<br>23 | Dominican Style Chicken, Rice and Beans, Vegetable Medley<br>24 | Frango Assado (Chicken), Roasted Potatoes, Brussel Sprouts, Cornbread Loaf<br>25 |
| Pork with Pineapple-Mango Salsa, Yellow Rice & Black Eyed Peas, Mixed Vegetables<br>28 | Beef Picadillo, Brown Rice, Green Beans & Red Peppers<br>29 | Haitian Stewed Chicken Drumstick, Yucca, Brussel Sprouts<br>30 | | ***A variety of fresh, cupped and 100% fruit juice are offfered with all meals.***<br>***A variety of fluid milk is offered with all meals.*** |

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