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.***

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		

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
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.***

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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