

Please make sure your grade level group is correct on your menu and input your counts to the left of each meal you want to order. Please refer to bottom of menu for menu selection policies.

**School Name: TEACH Academy of Technologies 10045 Site**

**February 2025 Master Menu**

Last Updated: 1/2/2025  
At 9:30 am

Grades: K - 8	February 2025 Master Menu									
Week 1 Options	Red & Orange 2/3/2025		Starchy 2/4/2025		Dark Green 2/5/2025		Beans & Peas 2/6/2025		Other Veggies 2/7/2025	
Breakfast	0	Banana Muffin	0	Cinnamon French Toast	0	Turkey Breakfast Sandwich	0	Egg & Cheese English Muffin	120	Yogurt & Graham Crackers
Breakfast	120	Lucky Charms & WG Crackers	120	Bagel & Jelly	120	Cinnamon Toast Crunch & WG Crackers	120	Bagel & Jelly	0	Blueberry Muffin
Hot Meal	60	Hamburger w/sweet potato (3/4c)	60	Chicken Parmesan Pasta w/sweet corn medley (3/4c)	60	Creamy Chipotle Chicken Pasta w/mixed vegetables (1c)	140	Beef & Cheese Nachos w/fiesta beans & corn (3/4c)	120	Buffalo Chicken Mac & Cheese w/mixed vegetables (1c)
Hot Meal	40	Lemon Garlic Chicken w/cilantro rice (3/4c) & glazed peas & carrots (3/4c)	60	BBQ Chicken on a HB Bun w/sweet corn medley (3/4c)	0	Southwestern Chicken w/brown rice (3/4c) & mixed vegetables (1c)	0	Beef Mediterranean Bowl w/brown rice (3/4c) & white beans (3/4c)	0	Mongolian Chicken Bowl w/brown rice (3/4c) & stir fry vegetables (1c)
Hot Vegetarian	1	Black Bean Burger w/carrot sticks (3/4c)	1	Spaghetti & Cheese Marinara w/sweet corn medley (3/4c)	60	Creamy Chipotle Cheese Pasta w/mixed vegetables (1c)	1	Cheese Quesadilla w/spanish rice (1/2c) & fiesta beans & corn (3/4c)	1	Three Cheese Mac & Cheese w/mixed vegetables (1c)
Cold Meal	0	Ham and Cheese Bagel Sandwich w/carrot sticks (3/4c)	0	Cilantro Chicken Hoagie Sandwich w/garden corn salad (3/4c)	0	Turkey & Cheese Panini w/broccoli & carrots (1c)	0	Greek Chicken Hummus Tortilla Wrap w/cilantro bean salad (3/4c)	0	BBQ Chicken Hoagie Sandwich w/carrot sticks (3/4c)
Cold Pastas	0	Asian Chicken Pasta Salad	0	Fiesta Chicken Pasta Salad	0	Chicken Pasta Primavera Salad	0	Cilantro Chicken Pasta Salad	0	Ham Macaroni Pasta Salad
Cold Vegetarian	1	Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)	1	Bean & Cheese Torta w/garden corn salad (3/4c)	1	Cajun Cheese Pasta Salad w/broccoli & carrot sticks (1c)	1	Caprese Sandwich w/cilantro bean salad (3/4c)	1	Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad	40	Caesar Chicken Salad with a Wheat Dinner Roll	20	Mediterranean Chicken Salad with a Wheat Dinner Roll	20	Chef Turkey & Ham Salad with a Wheat Dinner Roll	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	20	Chinese Chicken Salad with a Wheat Dinner Roll
Snack NOTES II	0	Oatmeal Cookie (S)	0	Strawberry Muffin (S)	0	Scoby-Doo Crackers	0	Goldfish Crackers	0	Cereal Bar (S)
Week 2 Options	Red & Orange 2/10/2025		Starchy 2/11/2025		Dark Green 2/12/2025		Beans & Peas 2/13/2025		Other Veggies 2/14/2025	
Breakfast	0	Vanilla Muffin	0	Breakfast Pizza Flatbread	0	Turkey Breakfast Sandwich	0	Pancakes (2)	140	Mexican Concha
Breakfast	120	Trix & WG Crackers	120	Bagel & Jelly	120	Multi Grain Cheerios & WG Crackers	140	Coffee Cinnamon Crumble	0	Bagel & Jelly
Hot Meal	0	Hamburger w/sweet potato (3/4c)	0	Sloppy Joe on a HB Bun w/water tots (3/4c)	60	Beef Teriyaki Chow Mein Bowl w/stir fry vegetables (1c)	140	Chicken Nuggets w/cornbread & bbq baked beans (3/4c)	0	Beef, Bean & Cheese Burrito w/carrot sticks (1/2c)
Hot Meal	120	Turkey Hot Dog on a Bun w/sweet potato (3/4c)	60	Beef Alfredo Rosa Pasta w/sweet corn medley (3/4c)	0	Beef Marinara Baked Ziti Bowl w/green salad (1c)	20	Creamy Chicken Chipotle w/cilantro rice (3/4c) & fiesta beans & corn (3/4c)	0	Poblano Green Beef Pasta w/mixed vegetables (1c)
Hot Vegetarian	1	Black Bean Burger w/sweet potato (3/4c)	60	Cheese Alfredo Rosa Pasta w/sweet corn medley (3/4c)	60	Cheesy Marinara Baked Ziti Bowl w/green salad (1c)	1	Cheese Quesadilla w/spanish rice (1/2c) & fiesta beans & corn (3/4c)	0	Poblano Green Cheese Pasta w/mixed vegetables (1c)
Cold Meal	0	Turkey & Cheese Hoagie Sandwich w/carrot sticks (3/4c)	0	Roasted Pepper Chicken Hoagie Sandwich w/garden corn salad (3/4c)	0	Caesar Chicken Tortilla Wrap w/broccoli & carrots (1/2c)	0	Ham and Cheese Panini w/kidney bean salad (3/4c)	0	Creamy Basil Chicken Hoagie Sandwich w/carrot sticks (3/4c)
Cold Pastas	0	Asian Chicken Pasta Salad	0	Fiesta Chicken Pasta Salad	20	Chicken Pasta Primavera Salad	0	Cilantro Chicken Pasta Salad	0	Ham Macaroni Pasta Salad
Cold Vegetarian	1	Marinara Cheese Pasta Salad w/carrot sticks (3/4c)	1	Bean & Cheese Torta w/garden corn salad (3/4c)	1	Esquite Cheese Pasta Salad w/broccoli & carrot sticks (1c)	1	Caprese Sandwich w/kidney bean salad (3/4c)	1	Cajun Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad	20	Caesar Chicken Salad with a Wheat Dinner Roll	20	Mediterranean Chicken Salad with a Wheat Dinner Roll	0	Chef Turkey & Ham Salad with a Wheat Dinner Roll	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Wheat Dinner Roll
Snack NOTES I	0	Scoby-Doo Crackers	0	Banana Muffin (S)	0	Oatmeal Cookie (S)	0	Strawberry Chex Mix	0	Goldfish Pretzel
Week 3 Options	Red & Orange 2/17/2025		Starchy 2/18/2025		Dark Green 2/19/2025		Beans & Peas 2/20/2025		Other Veggies 2/21/2025	
Breakfast	0	Strawberry Muffin	0	Sausage English Muffin	0	Turkey Breakfast Sandwich	0	Breakfast Chilaquiles	140	Yogurt & Graham Crackers
Breakfast	120	Rice Chex & WG Crackers	120	Bagel & Jelly	120	Coco Puffs & WG Crackers	120	Bagel & Jelly	0	Chocolate Chip Muffin
Hot Meal	0	Orange Chicken Bowl w/brown rice (3/4c) & stir fry vegetables (1c)	60	Breaded Chicken Patty on a HB Bun w/sweet corn medley (3/4c)	40	Hawaiian Chicken w/brown rice (3/4c) & mixed vegetables (1c)	140	Beef, Cheese & Bean (3/4c) Dip Nachos	120	Hamburger w/sweet potato (3/4c)
Hot Meal	0	Chicken, Bean & Cheese Burrito w/carrot sticks (1/2c)	0	Beefaroni w/sweet corn medley (3/4c)	40	Creamy Tuscan Chicken Pasta w/green salad (1c)	0	Chicken Tamal w/fiesta beans & corn (3/4c)	0	Chicken Alfredo Baked Ziti Bowl w/mixed vegetables (1c)
Hot Vegetarian	1	Vegetable Fried Rice w/stir fry vegetables (1c)	0	Cheesaroni w/sweet corn medley (3/4c)	40	Creamy Tuscan Cheese Pasta w/green salad (1c)	0	Fresco Beef Bowl w/cilantro rice (3/4c) & fiesta beans & corn (3/4c)	1	Cheesy Alfredo Baked Ziti Bowl w/mixed vegetables (1c)
Cold Meal	0	Cilantro Chicken Hoagie Sandwich w/carrot sticks (3/4c)	60	Ham and Cheese Bagel Sandwich w/garden corn salad (3/4c)	0	Turkey & Cheese Panini w/broccoli & carrots (1c)	0	Chinese Chicken Tortilla Wrap w/cilantro bean salad (3/4c)	0	BBQ Chicken Hoagie Sandwich w/carrot sticks (3/4c)
Cold Pastas	0	Asian Chicken Pasta Salad	20	Fiesta Chicken Pasta Salad	20	Chicken Pasta Primavera Salad	0	Cilantro Chicken Pasta Salad	0	Ham Macaroni Pasta Salad
Cold Vegetarian	1	Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)	1	Bean & Cheese Torta w/garden corn salad (3/4c)	1	Marinara Cheese Pasta Salad w/broccoli & carrot sticks (1c)	1	Caprese Sandwich w/cilantro bean salad (3/4c)	21	Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad	0	Caesar Chicken Salad with a Wheat Dinner Roll	0	Mediterranean Chicken Salad with a Wheat Dinner Roll	0	Chef Turkey & Ham Salad with a Wheat Dinner Roll	20	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Wheat Dinner Roll
Snack NOTES J	0	Cheez-its	0	Coffee Cinnamon Crumble (S)	0	Cereal Bar (S)	0	Oatmeal Cookie (S)	0	NutriGrain Bar (S)
Presidents' Day										
Week 4 Options	Red & Orange 2/24/2025		Starchy 2/25/2025		Dark Green 2/26/2025		Beans & Peas 2/27/2025		Other Veggies 2/28/2025	
Breakfast	120	Banana Muffin	0	Cinnamon French Toast	0	Turkey Breakfast Sandwich	0	Soyrizo Breakfast Burrito	140	Mexican Concha
Breakfast	0	Multi Grain Cheerios & WG Crackers	120	Bagel & Jelly	120	Rice Chex & WG Crackers	120	Blueberry Muffin	0	Bagel & Jelly
Hot Meal	0	Southwestern Chicken Bowl w/spanish rice (1c) & mixed vegetables (1c)	60	Inside Out Shephards Pie w/dinner roll	60	Spaghetti and Meatballs w/mixed vegetables (1c)	40	Beef Soft Tacos w/spanish rice (1/2c) & fiesta beans & corn (3/4c)	0	Sloppy Joe on a HB Bun w/glazed peas & carrots (3/4c)
Hot Meal	140	Turkey Hot Dog on a Bun w/carrot sticks (1c)	0	Beef, Bean & Cheese Torta w/whole kernel corn (1/2c)	60	Chicken Teriyaki Bowl w/brown rice (3/4c) & stir fry vegetables (1c)	40	Fresco Beef Bowl w/cilantro rice (3/4c) & fiesta beans & corn (3/4c)	0	Beef, Bean & Cheese Burrito w/carrot sticks (1/2c)
Hot Vegetarian	1	Black Bean Burger w/carrot sticks (3/4c)	60	Bean & Cheese Burrito w/whole kernel corn (1/2c)	1	Vegetable Fried Rice w/stir fry vegetables (1c)	40	Cheese Quesadilla w/spanish rice (1/2c) & fiesta beans & corn (3/4c)	0	Bean & Cheese Burrito w/carrot sticks (1/2c)
Cold Meal	0	Ham and Cheese Panini w/carrot sticks (1c)	0	BBQ Chicken Hoagie Sandwich w/garden corn salad (3/4c)	0	Turkey & Cheese Bagel Sandwich w/broccoli & carrots (1c)	0	Crispy Chicken Cheddar Tortilla Wrap w/kidney bean salad (3/4c)	0	Cilantro Chicken Hoagie Sandwich w/carrot sticks (3/4c)
Cold Pastas	20	Asian Chicken Pasta Salad	20	Fiesta Chicken Pasta Salad	0	Chicken Pasta Primavera Salad	20	Cilantro Chicken Pasta Salad	0	Ham Macaroni Pasta Salad
Cold Vegetarian	1	Cajun Cheese Pasta Salad w/carrot sticks (3/4c)	1	Bean & Cheese Torta w/garden corn salad (3/4c)	1	Garlic Pesto Cheese Pasta Salad w/broccoli & carrot sticks (1c)	1	Caprese Sandwich w/kidney bean salad (3/4c)	1	Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad	0	Caesar Chicken Salad with a Wheat Dinner Roll	0	Mediterranean Chicken Salad with a Wheat Dinner Roll	20	Chef Turkey & Ham Salad with a Wheat Dinner Roll	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Wheat Dinner Roll
Snack NOTES A	0	Oatmeal Cookie (S)	0	Vanilla Muffin (S)	0	Cheez-its	0	Scoby-Doo Crackers	0	Cereal Bar (S)

Orders not submitted before the 5 business day deadline will receive meals selected by their client representative. Meal changes and cancellations must be given within 5 business days. Order counts may be changed within a 2 business day notice. At least 80% of weekly grains/breads are whole grain rich. Fruits are subject to change depending on availability of product. All breakfast, lunches and suppers are served with milk and fruit. Snack is served with milk. Menu subject to change. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.