

January 2025

TEACH 10045

GRADE: K-8
SBP/NSLP Menu

Serve w/ Milk & Fruit

B=

L=

S=

Last updated: 11/01/24 at 10:00 am

Menus are not final. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

	MONDAY RED/ORANGE	TUESDAY STARCHY	WEDNESDAY DARK GREEN	THURSDAY LEGUMES	FRIDAY OTHER
	30	31	1	2	3
	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
	6	7	8	9	10
BREAKFAST		120 Trix & WG Crackers	120 Vanilla Muffin	120 Multi Grain Cheerios & WG Crackers	150 Mexican Concha
HOT MEAL		120 Lemon Garlic Chicken w/cilantro rice (3/4c) & mashed potatoes (3/4c)	60 Beefaroni w/mixed vegetables (1c)	60 Fresco Beef Bowl w/cilantro rice (3/4c) & black beans (1/2c) & corn (1/4c)	60 Chicken Teriyaki Bowl w/brown rice (3/4c) & stir fry vegetables (1c)
HOT VEGETARIAN	NO SCHOOL	1 Black Bean Burger w/mashed potatoes (3/4c)	60 Cheesaroni w/mixed vegetables (1c)	60 Creamy Chipotle Cheese Pasta w/black beans (1/2c) & corn (1/4c)	60 Bean & Cheese Burrito w/carrot sticks (1/2c)
COLD MEAL			1 Caesar Chicken Tortilla Wrap w/broccoli & carrots (1/2c)		
COLD VEGETARIAN		1 Bean & Cheese Torta w/garden corn salad (3/4c)	1 Esquite Cheese Pasta Salad w/broccoli & carrots (1c)	1 Caprese Sandwich w/cilantro bean salad (3/4c)	1 Cajun Cheese Pasta Salad w/carrot sticks (3/4c)
DAILY SALAD		20 Mediterranean Chicken Salad with a Wheat Dinner Roll	20 Chef Turkey & Ham Salad with a Wheat Dinner Roll	20 Santa Fe Chicken Salad with a Wheat Dinner Roll	20 Chinese Chicken Salad with a Wheat Dinner Roll
	13	14	15	16	17
BREAKFAST	150 String Cheese & Graham Crackers	120 Rice Chex & WG Crackers	140 Chocolate Chip Muffin	120 Coco Puffs & WG Crackers	120 Strawberry Muffin
HOT MEAL	120 Hamburger w/carrot sticks (3/4c)	60 Chicken Alfredo Baked Ziti Bowl w/sweet corn medley (3/4c)	100 Buffalo Chicken Mac & Cheese w/steamed broccoli & carrots (1c)	150 Beef, Cheese & Bean (3/4c) Dip Nachos	
HOT MEAL		60 Orange Chicken w/brown rice (3/4c) & glazed peas & carrots (1c)			35 CHEESE BOXES DELIVER AT 12 PM
HOT VEGETARIAN	1 Black Bean Burger w/carrot sticks (3/4c)	1 Cheesy Alfredo Baked Ziti Bowl w/sweet corn medley (3/4c)	1 Three Cheese Mac & Cheese w/steamed broccoli & carrots (1c)	1 Bean Chili (3/4c) & Cheese w/dinner roll & whole kernel corn (3/4c)	280 Cheese Pizza Slice w/carrot sticks (3/4c)
COLD MEAL					
COLD VEGETARIAN	20 Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)	1 Bean & Cheese Torta w/garden corn salad (3/4c)		1 Caprese Sandwich w/kidney bean salad (3/4c)	
DAILY SALAD	20 Caesar Chicken Salad with a Wheat Dinner Roll	20 Mediterranean Chicken Salad with a Wheat Dinner Roll		20 Santa Fe Chicken Salad with a Wheat Dinner Roll	
	20	21	22	23	24
BREAKFAST		120 Multi Grain Cheerios & WG Crackers	120 Banana Muffin	120 Rice Chex & WG Crackers	140 Mexican Concha
HOT MEAL	Dr. Martin Luther	60 Poblano Green Chicken Pasta w/sweet corn medley (3/4c)	60 Beef Teriyaki Chow Mein Bowl w/stir fry vegetables (1c)	130 Cheeseburger Mac w/bbq baked beans (3/4c)	60 Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)
HOT MEAL		60 BBQ Chicken Flatbread w/sweet corn medley (3/4c)	60 Beef Marinara Baked Ziti Bowl w/green salad (1c)		
HOT VEGETARIAN	King Jr. Day	1 Poblano Green Cheese Pasta w/sweet corn medley (3/4c)	1 Cheesy Marinara Baked Ziti Bowl w/green salad (1c)	1 Three Cheese Mac & Cheese w/bbq baked beans (1c)	60 Bean & Cheese Burrito w/carrot sticks (1/2c)
COLD MEAL					
COLD VEGETARIAN		1 Bean & Cheese Torta w/garden corn salad (3/4c)	1 Cajun Cheese Pasta Salad w/broccoli & carrots (1c)	1 Caprese Sandwich w/cilantro bean salad (3/4c)	20 Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)
DAILY SALAD		20 Mediterranean Chicken Salad with a Wheat Dinner Roll	20 Chef Turkey & Ham Salad with a Wheat Dinner Roll	20 Santa Fe Chicken Salad with a Wheat Dinner Roll	20 Chinese Chicken Salad with a Wheat Dinner Roll
	27	28	29	30	31
BREAKFAST	150 String Cheese & Graham Crackers	120 Coco Puffs & WG Crackers	120 Chocolate Chip Muffin	120 Trix & WG Crackers	120 Blueberry Muffin
HOT MEAL	120 BBQ Chicken on a HB Bun w/glazed peas & carrots (3/4c)	120 Hamburger w/ater tots (3/4c)	60 Lemon Garlic Chicken w/cilantro rice (3/4c) & mixed vegetables (1c)	60 Fresco Beef Bowl w/cilantro rice (3/4c), black beans (1/2c) & corn (1/4c)	
HOT MEAL			60 Creamy Chicken Chipotle Pasta w/green salad (3/4c)	60 Red Beef Enchiladas w/fiesta beans & corn (3/4c)	35 CHEESE BOXES DELIVER AT 12 PM
HOT VEGETARIAN	1 Bean & Cheese Burrito w/carrot sticks (1/2c)	1 Black Bean Burger w/ater tots (3/4c)	1 Creamy Chipotle Cheese Pasta w/green salad (1c)	1 Red Cheese Enchiladas w/fiesta beans & corn (3/4c)	280 Cheese Pizza Slice w/carrot sticks (3/4c)
COLD MEAL					
COLD VEGETARIAN	1 Garlic Pesto 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 & carrots (1c)	1 Caprese Sandwich w/kidney bean salad (3/4c)	
DAILY SALAD	20	20 Mediterranean Chicken Salad with a Wheat Dinner Roll	20 Chef Turkey & Ham Salad with a Wheat Dinner Roll	20 Santa Fe Chicken Salad with a Wheat Dinner Roll	

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1/2 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%/Non-fat/Non-fat Choc)

School Notes:

