

January 2025

TEACH Tech Charter HS

GRADE: 9-12
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 30	TUESDAY STARCHY 31	WEDNESDAY DARK GREEN 1	THURSDAY LEGUMES 2	FRIDAY OTHER 3
	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
	6	7	8	9	10
BREAKFAST		Trix & WG Crackers	Turkey Breakfast Sandwich	Egg & Cheese English Muffin	Mexican Concha
HOT VEGETARIAN	NO SCHOOL				
COLD MEAL		Roasted Pepper Chicken Hoagie Sandwich w/garden com salad (1c)	Caesar Chicken Tortilla Wrap w/broccoli & carrots (1/2c)	Creamy Chipotle Cheese Pasta w/black beans (1/2c) & corn (1/2c)	Creamy Basil Chicken Hoagie Sandwich w/carrot sticks (1c)
SNACK		Banana Muffin (S)	Oatmeal Cookie (S)	Strawberry Chex Mix	Goldfish Pretzel
	13	14	15	16	17
BREAKFAST	String Cheese & Graham Crackers	Rice Chex & WG Crackers	Chocolate Chip Muffin	Coco Puffs & WG Crackers	Strawberry Muffin
HOT MEAL	Beef & Vegetable Picadillo w/spanish rice (1c) & mixed vegetables (1c)	Orange Chicken w/brown rice (1c) & glazed peas & carrots (1c)		Beef & Bean Chili (1c) w/dinner roll & whole kernel corn (1/2c)	Chili Cheese Dog w/sweet potato (1c)
COLD MEAL			Turkey & Cheese Cheese Panini w/broccoli & carrots (1c)		
SNACK	Coffee Cinnamon Crumble (S)	Cheez-its	Cereal Bar (S)	Oatmeal Cookie (S)	NutriGrain Bar (S)
	20	21	22	23	24
BREAKFAST	 <p>Dr. Martin Luther King Jr. Day</p>	Multi Grain Cheerios & WG Crackers	Turkey Breakfast Sandwich	Cinnamon French Toast	Mexican Concha
HOT VEGETARIAN		Pobano Green Cheese Pasta w/peas & carrots (1c)			
COLD MEAL			Turkey & Cheese Bagel Sandwich w/citantro bean salad (1c)		
DAILY SALAD				Santa Fe Chicken Salad with a Wheat Dinner Roll	Chinese Chicken Salad with a Wheat Dinner Roll
SNACK		Oatmeal Cookie (S)	Cheez-its	Scooby-Doo Crackers	Cereal Bar (S)
	27	28	29	30	31
BREAKFAST	Coffee Cinnamon Crumble	Coco Puffs & WG Crackers	Chocolate Chip Muffin	Maple Waffle	Bagel with Cream Cheese
HOT MEAL	BBQ Chicken on a HB Bun w/glazed peas & carrots (1c)	Hamburger w/ater tots (1c)		Red Cheese Enchiladas w/fiesta beans & corn (1c)	
HOT VEGETARIAN					
COLD MEAL			Chinese Chicken Tortilla Wrap w/broccoli & carrots (1/2c)		
DAILY SALAD					Chinese Chicken Salad with a Wheat Dinner Roll
SNACK	Oatmeal Cookie (S)	Banana Muffin (S)	Goldfish Pretzel	Chocolate Chex Mix	Scooby-Doo Crackers

This institution is an equal opportunity provider.

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

School Notes:

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