

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 Preparatory Elementary

November 2023 Master Menu

Last Updated: 6/29/2023
At 11:11 am

Grades: K - 8										
Week 1 Options	Red & Orange 11/6/2023	Dark Green 11/7/2023	Beans & Peas 11/8/2023	Starchy 11/9/2023	Other Veggies 11/10/2023					
Breakfast	260	String Cheese & Graham Crackers Banana Muffin	260	Sausage English Muffin Lucky Charms & WG Crackers	260	Blueberry Muffin Bagel & Jelly	260	Maple Waffle Multi Grain Cheerios & WG Crackers		Mexican Concha Bagel & Jelly
Hot Meal			260	Creamy Chicken Chipotle Pasta w/steamed broccoli & carrots (1c)			260	Southwestern Chicken w/brown rice (3/4c) & whole kernel corn (1/2c)		
Hot Meal				Hawaiian Chicken w/brown rice (3/4c) & steamed broccoli & carrots (1c)			260	Beef Marinara Baked Ziti Bowl w/whole kernel corn (1/2c)		No School
Hot Vegetarian		1		Creamy Chipotle Cheese Pasta w/steamed broccoli & carrots (1c)			1	Cheesy Marinara Baked Ziti Bowl w/whole kernel corn (1/2c)		
Cold Meal				Roasted Pepper Chicken Hoagie Sandwich w/broccoli & carrots (1c)	260	Ham and Cheese Bagel Sandwich w/bbq bean salad (3/4c)		Cilantro Chicken Salad Hoagie Sandwich w/bbq corn salad (3/4c)		Ham and Cheese Panini Sandwich w/carrot sticks (3/4c)
Cold Pastas				Chicken Pasta Primavera Salad				Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad
Cold Vegetarian	260	Caesar Chicken Tortilla Wrap w/carrot sticks (1/2c) Marinara Cheese Pasta Salad w/carrot sticks (3/4c)		Bean & Cheese Torta w/broccoli & carrots (1c)	1	Garlic Pesto Cheese Pasta Salad w/bbq bean salad (3/4c)		Bean & Cheese Torta w/bbq corn salad (3/4c)		Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad				Santa Fe Chicken Salad with a Wheat Dinner Roll				Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll
Snack	100	Goldfish Crackers	100	Strawberry Muffin	100	Cereal Bar	100	Banana Muffin		Scoby-Doo Crackers
NOTES	A									
Week 2 Options	Red & Orange 11/13/2023	Dark Green 11/14/2023	Beans & Peas 11/15/2023	Starchy 11/16/2023	Other Veggies 11/17/2023					
Breakfast	260	Coffee Cinnamon Crumble Bagel & Jelly	260	Pancakes (2) Trix & WG Crackers	260	Banana Muffin Bagel & Jelly	260	Cheese Quesadilla Coco Puffs & WG Crackers		Yogurt & Graham Crackers Blueberry Muffin
Hot Meal			260	Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)			260	Hamburger w/tater tots (3/4c)		Orange Chicken Bowl w/brown rice (3/4c) & steamed carrots (3/4c)
Hot Meal				Chicken Teriyaki Bowl w/brown rice (3/4c) & steamed broccoli & carrots (1c)				Turkey Hot Dog on a Bun w/whole kernel corn (3/4c)		Spaghetti and Meatballs w/steamed carrots (1/2c)
Hot Vegetarian		1		Cheesy Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)			1	Black Bean Burger w/tater tots (3/4c)		Spaghetti & Cheese Marinara w/steamed carrots (1/2c)
Cold Meal	260	Italian Turkey, Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)		BBQ Chicken Hoagie Sandwich w/broccoli & carrots (1c)	260	Caesar Chicken Tortilla Wrap w/cilantro bean salad (1/2c)		Creamy Basil Chicken Hoagie Sandwich w/bbq corn salad (3/4c)		Turkey & Cheese Bagel Sandwich w/carrot sticks (3/4c)
Cold Meal				Chicken Pasta Primavera Salad	1	Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad
Cold Vegetarian	1	Chipotle Cheese Pasta Salad w/carrot sticks (3/4c)		Bean & Cheese Torta w/broccoli & carrots (1c)		Parmesan Cheese Pasta Salad w/cilantro bean salad (3/4c)		Bean & Cheese Torta w/bbq corn salad (3/4c)		Cajun Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad				Santa Fe Chicken Salad with a Wheat Dinner Roll				Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll
Snack	100	Blueberry NutriGrain Bar	100	Chocolate Chex Mix	100	Cheez-its	100	Strawberry Muffin	100	Goldfish Pretzel
NOTES	B									
Week 3 Options	Red & Orange 11/20/2023	Dark Green 11/21/2023	Beans & Peas 11/22/2023	Starchy 11/23/2023	Other Veggies 11/24/2023					
Breakfast				String Cheese & Graham Crackers Banana Muffin		Maple Waffle Strawberry Muffin		Bean & Cheese Breakfast Burrito Multi Grain Cheerios & WG Crackers		Mexican Concha Bagel & Jelly
Hot Meal				Pizza Lasagna w/steamed broccoli & carrots (1c)				Beef & Bean Chili (1c) w/dinner roll & whole kernel corn (1/2c)		
Hot Meal				Teriyaki Chicken Chow Mein Bowl w/steamed broccoli & carrots (1c)				Hamburger w/whole kernel corn (3/4c)		
Hot Vegetarian				Vegetarian Lasagna w/steamed broccoli & carrots (1c)				Bean Chili (3/4c) w/dinner roll & whole kernel corn (1/2c)		
Cold Meal				Cilantro Chicken Salad Hoagie Sandwich w/broccoli & carrots (1c)		Turkey & Cheese Panini w/bbq bean salad (3/4c)		Roasted Pepper Chicken Hoagie Sandwich w/basil corn salad (3/4c)		Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)
Cold Pastas				Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad
Cold Vegetarian				Bean & Cheese Torta w/broccoli & carrots (1c)		Chipotle Cheese Pasta Salad w/bbq bean salad (3/4c)		Bean & Cheese Torta w/basil corn salad (3/4c)		Marinara Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad				Santa Fe Chicken Salad with a Wheat Dinner Roll				Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll
Snack				Coffee Cinnamon Crumble		Goldfish Crackers		Strawberry Chex Mix		Banana Muffin
NOTES	C									
Week 4 Options	Red & Orange 11/27/2023	Dark Green 11/28/2023	Beans & Peas 11/29/2023	Starchy 11/30/2023	Other Veggies 12/1/2023					
Breakfast	260	Coffee Cinnamon Crumble Bagel & Jelly	260	Cinnamon French Toast Coco Puffs & WG Crackers	260	Blueberry Muffin Bagel & Jelly	260	Pancakes (2) Rice Chex & WG Crackers	260	Yogurt & Graham Crackers Banana Muffin
Hot Meal			260	Beef Marinara Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Chicken, Rice & Bean Burrito w/whole kernel corn (1/2c)		Creamy Chicken Chipotle Pasta w/peas & carrots (3/4c)
Hot Meal				Mongolian Chicken Bowl w/brown rice (3/4c) & steamed broccoli & carrots (1c)				Sloppy Joe on a HB Bun w/whole kernel corn (3/4c)		Breaded Chicken Patty on a HB Bun w/carrot sticks (3/4c)
Hot Vegetarian		1		Cheesy Marinara Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Black Bean Burger w/whole kernel corn (3/4c)		Creamy Chipotle Cheese Pasta w/peas & carrots (3/4c)
Cold Meal	260	Ham and Cheese Panini w/carrot sticks (3/4c)		Creamy Basil Chicken Hoagie Sandwich w/broccoli & carrots (1c)	260	Oriental Chicken Tortilla Wrap w/bbq bean salad (1/2c)		Italian Turkey, Ham & Cheese Hoagie Sandwich w/bbq corn salad (3/4c)		Torta de Tinga w/carrot sticks (3/4c)
Cold Pastas				Chicken Pasta Primavera Salad	1	Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad
Cold Vegetarian	1	Cajun Cheese Pasta Salad w/carrot sticks (3/4c)		Bean & Cheese Torta w/broccoli & carrots (1c)		Garlic Pesto Cheese Pasta Salad w/bbq bean salad (3/4c)		Bean & Cheese Torta w/bbq corn salad (3/4c)		Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)
Daily Salad				Santa Fe Chicken Salad with a Wheat Dinner Roll				Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll
Snack	100	Cereal Bar	100	Cheez-its	100	Goldfish Pretzel	100	Strawberry Muffin	100	Chocolate Chex Mix
NOTES	D									

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.