

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- 10045 Site



Menu Updated: 10/06/2025
At 11:11 am

December 2025 Master Menu

Grades: K - 8	December 2025 Master Menu										Choose MyPlate	Last Updated: 10/06/2025 At 11:11 am
Week 1 Options	Red & Orange 12/1/2025		Starchy 12/2/2025			Dark Green 12/3/2025		Beans & Peas 12/4/2025		Other Veggies 12/5/2025		
Breakfast	0	Banana Muffin	0	Soytizo Breakfast Burrito	35 PIZZAS	0	Turkey Breakfast Sandwich	0	Pancakes (2)	120	Mexican Concha	
Breakfast	140	Trix & WG Crackers	120	Bagel & Jelly		140	Multi Grain Cheerios & WG Crackers	120	Coffee Cinnamon Crumble	0	Bagel & Jelly	
Hot Meal	50	Breaded Chicken Patty on a HB Bun w/glazed peas & carrots (1c)	0	BBQ Chicken Pizza Flatbread w/sweet corn medley (3/4c)		50	Chicken Teriyaki Bowl w/brown rice (3/4c) & steamed broccoli & carrots (1c)	50	Al Pastor Chicken Bowl w/cilantro rice (3/4c) & refried beans (3/4c)	50	Hamburger w/glazed peas & carrots (1c)	
Hot Meal	30	Beef Picadillo Bowl w/cilantro rice (3/4c) & glazed peas & carrots (1c)	30	Cheeseburger Mac & Cheese w/sweet corn medley (3/4c)		60	Pizza Lasagna w/steamed broccoli & carrots (1c)	60	Green Chicken & Cheese Enchiladas w/fiesta beans & corn (3/4c)	40	Chicken, Bean & Cheese Burrito w/glazed peas & carrots (1c)	
Hot Vegetarian	0	Black Bean Burger w/glazed peas & carrots (1c)	30	Three Cheese Mac & Cheese w/sweet corn medley (3/4c)		1	Vegetarian Lasagna w/steamed broccoli & carrots (1c)	1	Green Cheese Enchiladas w/fiesta beans & corn (3/4c)	40	Bean & Cheese Burrito w/glazed peas & carrots (1c)	
Cold Meal	20	BBQ Chicken Hoagie Sandwich w/carrot sticks (3/4c)	40	Ham and Cheese Panini w/garden corn salad (3/4c)		0	Creamy Basil Chicken Hoagie Sandwich w/steamed broccoli & carrots (1c)	0	Chicken Salad Tortilla Wrap w/cilantro bean salad (3/4c)	0	Turkey & Cheese 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	0	Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)	10	Caprese Sandwich w/garden corn salad (3/4c)		0	Garlic Pesto Cheese Pasta Salad w/broccoli (3/4c)	0	Bean & Cheese Torta w/cilantro bean salad (3/4c)	0	Marinara Cheese Pasta Salad w/carrot sticks (3/4c)	
Daily Salad	50	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	0	Scoby-Doo Crackers	0	Vanilla Muffin (S)		0	Oatmeal Cookie (S)	0	Cereal Bar (S)	0	Goldfish Pretzel	
NOTES D												
Week 2 Options	Red & Orange 12/8/2025		Starchy 12/9/2025			Dark Green 12/10/2025		Beans & Peas 12/11/2025		Other Veggies 12/12/2025		
Breakfast	0	Strawberry Muffin	0	Bean & Cheese Breakfast Burrito	35 PIZZAS	0	Turkey Breakfast Sandwich	0	Breakfast Pizza Flatbread	120	Yogurt & Graham Crackers	
Breakfast	120	Rice Chex & WG Crackers	120	Bagel & Jelly		140	Coco Puffs & WG Crackers	120	Bagel & Jelly	0	Coffee Cinnamon Crumble	
Hot Meal	60	Orange Chicken Bowl w/brown rice (3/4c) & glazed peas & carrots (1c)	60	Hamburger w/sweet corn medley (3/4c)		35 PIZZAS	Mongolian Chicken bowl w/brown rice (3/4c) & steamed broccoli & carrots (1c)	160	Beef, Cheese & Bean (3/4c) Dip Nachos	40	Spaghetti & Meat Sauce (3/4c) w/glazed peas & carrots (1c)	
Hot Meal	40	Turkey Hot Dog on a Bun w/glazed peas & carrots (1c)	40	Chicken Alfredo Baked Ziti Bowl w/sweet corn medley (3/4c)		0	Creamy Chicken Chipotle w/cilantro rice (3/4c) & steamed broccoli & carrots (1c)	0	Beef Mediterranean Bowl w/brown rice (3/4c) & white beans (3/4c)	40	Lemon Garlic Chicken w/cilantro rice (3/4c) & glazed peas & carrots (1c)	
Hot Vegetarian	0	Vegetable Fried Rice w/glazed peas & carrots (1c)	0	Cheesy Alfredo Baked Ziti Bowl w/sweet corn medley (3/4c)		0	Bean & Cheese Burrito w/steamed broccoli & carrots (1c)	1	Cheese Quesadilla w/spanish rice (1/2c) & refried beans (3/4c)	50	Spaghetti & Cheese Marinara w/glazed peas & carrots (1c)	
Cold Meal	0	Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)	30	Crispy Chicken Cheddar Tortilla Wrap w/garden corn salad (3/4c)		0	Roasted Pepper Chicken Hoagie Sandwich w/steamed broccoli & carrots (1c)	0	Turkey & Cheese Panini w/kidney bean salad (3/4c)	0	Cilantro 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	Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)	0	Caprese Sandwich w/garden corn salad (3/4c)		0	Esquite Cheese Pasta Salad w/broccoli (1/2c)	0	Bean & Cheese Torta w/kidney bean salad (3/4c)	0	Cajun Cheese Pasta Salad w/carrot sticks (3/4c)	
Daily Salad	50	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	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack	0	Cheeze-its	0	Chocolate Chip Muffin (S)		0	Cereal Bar (S)	0	Oatmeal Cookie (S)	0	NutriGrain Bar (S)	
NOTES E												
Week 3 Options	Red & Orange 12/15/2025		Starchy 12/16/2025			Dark Green 12/17/2025		Beans & Peas 12/18/2025		Other Veggies 12/19/2025		
Breakfast	0	Banana Muffin	0	Sausage English Muffin	35 PIZZAS	0	Turkey Breakfast Sandwich	0	Waffles (2)	120	Yogurt & Graham Crackers	
Breakfast	130	Multi Grain Cheerios & WG Crackers	120	Bagel & Jelly		130	Rice Chex & WG Crackers	120	Blueberry Muffin	0	Bagel & Jelly	
Hot Meal	60	Hamburger w/glazed peas & carrots (1c)	140	Chicken & Waffles w/mashed potatoes (3/4c)		35 PIZZAS	Butter Chicken w/brown rice (3/4c) & steamed broccoli & carrots (1c)	0	Chicken, Bean & Cheese Burrito w/fiesta beans & corn (3/4c)	40	Beef Picadillo Bowl w/cilantro rice (3/4c) & glazed peas & carrots (1c)	
Hot Meal	30	Chicken Teriyaki Bowl w/brown rice (3/4c) & glazed peas & carrots (1c)	0	Sloppy Joe on a Bun w/mashed potatoes (3/4c)		0	BBQ Chicken Mac & Cheese w/steamed broccoli & carrots (1c)	35 PIZZAS	Lemon Garlic Chicken w/cilantro rice (3/4c) & fiesta beans & corn (3/4c)	20	Chicken Alfredo Baked Ziti Bowl w/glazed peas & carrots (1c)	
Hot Vegetarian	0	Vegetable Fried Rice w/glazed peas & carrots (1c)	0	Black Bean Burger w/mashed potatoes & carrots (1c)		0	Three Cheese Mac & Cheese w/steamed broccoli & carrots (1c)	35 PIZZAS	Bean & Cheese Burrito w/fiesta beans & corn (3/4c)	20	Cheesy Alfredo Baked Ziti Bowl w/glazed peas & carrots (1c)	
Cold Meal	0	Roasted Pepper Chicken Hoagie Sandwich w/carrot sticks (3/4c)	0	Turkey & Cheese Panini w/garden corn salad (3/4c)		0	Cilantro Chicken Hoagie Sandwich w/steamed broccoli & carrots (1c)	0	Greek Chicken Hummus Tortilla Wrap w/kidney bean salad (3/4c)	40	Ham and Cheese 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	0	Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)	1	Caprese Sandwich w/garden corn salad (3/4c)		0	Esquite Cheese Pasta Salad w/broccoli (1/2c)	0	Bean & Cheese Torta w/kidney bean salad (3/4c)	0	Cajun Cheese Pasta Salad w/carrot sticks (3/4c)	
Daily Salad	50	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	0	Santa Fe Chicken Salad with a Wheat Dinner Roll	0	Chinese Chicken Salad with a Wheat Dinner Roll	
Snack	0	Oatmeal Cookie (S)	0	Vanilla Muffin (S)		0	Cheeze-its	0	Scoby-Doo Crackers	0	Cereal Bar (S)	
NOTES F												
Week 4 Options	Red & Orange 12/22/2025		Starchy 12/23/2025			Dark Green 12/24/2025		Beans & Peas 12/25/2025		Other Veggies 12/26/2025		
Breakfast	Winter Break	Chocolate Chip Muffin	Winter Break		Winter Break	Turkey Breakfast Sandwich	Winter Break		Winter Break	Mexican Concha		
Breakfast		Cinnamon Toast Crunch & WG Crackers				Trix & WG Crackers				Bagel & Jelly		
Cold Meal		Turkey & Cheese Hoagie Sandwich w/carrot sticks (3/4c)		BBQ Chicken Hoagie Sandwich w/garden corn salad (3/4c)		Caesar Chicken Tortilla Wrap w/broccoli (1/2c)		Ham and Cheese Panini w/cilantro bean salad (3/4c)		Creamy Basil Chicken Hoagie Sandwich w/carrot sticks (3/4c)		
Cold Pastas		Asian Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Ham Macaroni Pasta Salad		
Cold Vegetarian		Parmesan Cheese Pasta Salad w/carrot sticks (3/4c)		Caprese Sandwich w/garden corn salad (3/4c)		Garlic Pesto Chicken Hoagie Sandwich w/broccoli (3/4c)		Bean & Cheese Torta w/cilantro bean salad (3/4c)		Marinara Cheese Pasta Salad w/carrot sticks (3/4c)		
Daily Salad		Caesar Chicken Salad with a Wheat Dinner Roll		Mediterranean Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll		Santa Fe Chicken Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll		
Snack		Oatmeal Cookie (S)		Banana Muffin (S)		Goldfish Pretzel		Cereal Bar (S)		Scoby-Doo Crackers		
NOTES G												
Week 5 Options	Red & Orange 12/29/2025		Starchy 12/30/2025			Dark Green 12/31/2025		Beans & Peas 1/1/2026		Other Veggies 1/2/2026		
Breakfast	Winter Break	Vanilla Muffin	Winter Break		Winter Break	Turkey Breakfast Sandwich	Winter Break		Winter Break	Yogurt & Graham Crackers		
Breakfast		Lucky Charms & WG Crackers				Cinnamon Toast Crunch & WG Crackers				Blueberry Muffin		
Cold Meal		Ham and Cheese Hoagie Sandwich w/carrot sticks (3/4c)		Roasted Pepper Chicken Hoagie Sandwich w/garden corn salad (3/4c)		Turkey & Cheese Panini w/steamed broccoli & carrots (1c)		Cilantro Chicken Hoagie Sandwich w/kidney bean salad (3/4c)		Chinese Chicken Tortilla Wrap w/carrot sticks (3/4c)		
Cold Pastas		Asian Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Ham Macaroni Pasta Salad		
Cold Vegetarian		Garlic Pesto Cheese Pasta Salad w/carrot sticks (3/4c)		Caprese Sandwich w/garden corn salad (3/4c)		Esquite Cheese Pasta Salad w/broccoli (1/2c)		Bean & Cheese Torta w/kidney bean salad (3/4c)		Cajun Cheese Pasta Salad w/carrot sticks (3/4c)		
Daily Salad		Caesar Chicken Salad with a Wheat Dinner Roll		Mediterranean Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll		Santa Fe Chicken Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll		
Snack		Oatmeal Cookie (S)		Strawberry Muffin (S)		Scoby-Doo Crackers		Goldfish Crackers		Cereal Bar (S)		
NOTES H												

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 items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.