

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 Tech High**

## September 2023 Master Menu

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

Grades: 9 - 12	<b>September 2023 Master Menu</b>									
<b>Week 1 Options</b>	<b>Red &amp; Orange</b>	<b>Dark Green</b>		<b>Beans &amp; Peas</b>		<b>Starchy</b>		<b>Other Veggies</b>		
	<b>9/4/2023</b>	<b>9/5/2023</b>		<b>9/6/2023</b>		<b>9/7/2023</b>		<b>9/8/2023</b>		
<b>Breakfast</b>	Coffee Cinnamon Crumble	200	Pancakes (2)		Banana Muffin		Cheese Quesadilla	200	Yogurt & Graham Crackers	
<b>Breakfast</b>	Bagel & Jelly		Trix & WG Crackers	200	Bagel & Jelly	200	Coco Puffs & WG Crackers		Blueberry Muffin	
<b>Hot Meal</b>			Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Hamburger w/tater tots (1c)		Orange Chicken Bowl w/brown rice (1c) & steamed carrots (1c)	
<b>Hot Meal</b>		200	Chicken Teriyaki Bowl w/brown rice (1c) & steamed broccoli & carrots (1c)			200	Turkey Hot Dog on a Bun w/whole kernel corn (1c)	200	Spaghetti and Meatballs w/steamed carrots (3/4c)	
<b>Hot Vegetarian</b>			Cheesy Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Black Bean Burger w/tater tots (1c)		Spaghetti & Cheese Marinara w/steamed carrots (3/4c)	
<b>Cold Meal</b>	Italian Turkey, Ham and Cheese Hoagie Sandwich w/carrot sticks (1c)		BBQ Chicken Hoagie Sandwich w/broccoli & carrots (1c)	200	Caesar Chicken Tortilla Wrap w/cilantro bean salad (3/4c)		Creamy Basil Chicken Hoagie Sandwich w/bbq corn salad (1c)		Turkey & Cheese Bagel Sandwich w/carrot sticks (1c)	
<b>Cold Pastas</b>	Asian Chicken Pasta Salad		Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad	
<b>Cold Vegetarian</b>	Chipotle Cheese Pasta Salad w/carrot sticks (1c)		Bean & Cheese Torta w/broccoli & carrots (1c)		Parmesan Cheese Pasta Salad w/cilantro bean salad (1c)		Bean & Cheese Torta w/bbq corn salad (1c)		Cajun Cheese Pasta Salad w/carrot sticks (1c)	
<b>Daily Salad</b>	Italian Antipasto Salad with a Wheat Dinner Roll		Santa Fe Chicken Salad with a Wheat Dinner Roll		Caesar Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll	
<b>Snack</b>	Blueberry NutriGrain Bar	50	Chocolate Chex Mix	50	Cheeze-its	50	Strawberry Muffin	50	Goldfish Pretzel	
<b>NOTES</b>	B									
<b>Week 2 Options</b>	<b>Red &amp; Orange</b>	<b>Dark Green</b>		<b>Beans &amp; Peas</b>		<b>Starchy</b>		<b>Other Veggies</b>		
	<b>9/11/2023</b>	<b>9/12/2023</b>		<b>9/13/2023</b>		<b>9/14/2023</b>		<b>9/15/2023</b>		
<b>Breakfast</b>	String Cheese & Graham Crackers	200	Maple Waffle	200	Strawberry Muffin	200	Bean & Cheese Breakfast Burrito	200	Mexican Concha	
<b>Breakfast</b>	Banana Muffin	200	Cinnamon Toast Crunch & WG Crackers		Bagel & Jelly		Multi Grain Cheerios & WG Crackers		Bagel & Jelly	
<b>Hot Meal</b>			Pizza Lasagna w/steamed broccoli & carrots (1c)				Beef & Bean Chili (1c) w/dinner roll & whole kernel corn (1/2c)			
<b>Hot Meal</b>		200	Teriyaki Chicken Chow Mein Bowl w/steamed broccoli & carrots (1c)			200	Hamburger w/whole kernel corn (1c)			
<b>Hot Vegetarian</b>			Vegetarian Lasagna w/steamed broccoli & carrots (1c)				Bean Chili (3/4c) w/dinner roll & whole kernel corn (3/4c)			
<b>Cold Meal</b>	Oriental Chicken Tortilla Wrap w/carrot sticks (3/4c)		Cilantro Chicken Salad Hoagie Sandwich w/broccoli & carrots (1c)	200	Turkey & Cheese Panini w/bbq bean salad (1c)		Roasted Pepper Chicken Hoagie Sandwich w/basil corn salad (1c)		Ham and Cheese Hoagie Sandwich w/carrot sticks (1c)	
<b>Cold Meal</b>	Asian Chicken Pasta Salad		Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad	
<b>Cold Vegetarian</b>	200	Garlic Pesto Cheese Pasta Salad w/carrot sticks (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)		Chipotle Cheese Pasta Salad w/bbq bean salad (1c)		Bean & Cheese Torta w/basil corn salad (1c)	200	Marinara Cheese Pasta Salad w/carrot sticks (1c)	
<b>Daily Salad</b>	Italian Antipasto Salad with a Wheat Dinner Roll		Santa Fe Chicken Salad with a Wheat Dinner Roll		Caesar Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll	
<b>Snack</b>	50	Scoby-Doo Crackers	50	Coffee Cinnamon Crumble	50	Goldfish Crackers	50	Strawberry Chex Mix	40	
<b>NOTES</b>	C									
<b>Week 3 Options</b>	<b>Red &amp; Orange</b>	<b>Dark Green</b>		<b>Beans &amp; Peas</b>		<b>Starchy</b>		<b>Other Veggies</b>		
	<b>9/18/2023</b>	<b>9/19/2023</b>		<b>9/20/2023</b>		<b>9/21/2023</b>		<b>9/22/2023</b>		
<b>Breakfast</b>	200	Coffee Cinnamon Crumble	200	Sausage English Muffin	200	Blueberry Muffin	200	Pancakes (2)		
<b>Breakfast</b>		Bagel & Jelly		Coco Puffs & WG Crackers		Bagel & Jelly		Rice Chex & WG Crackers	200	
<b>Hot Meal</b>				Beef Marinara Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Chicken, Rice & Bean Burrito w/whole kernel corn (1/2c)		
<b>Hot Meal</b>		200	Mongolian Chicken Bowl w/brown rice (1c) & steamed broccoli & carrots (1c)			200	Sloppy Joe on a HB Bun w/whole kernel corn (1c)	200	Breaded Chicken Patty on a HB Bun w/carrot sticks (1c)	
<b>Hot Vegetarian</b>			Cheesy Marinara Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Black Bean Burger w/whole kernel corn (1c)		Creamy Chipotle Cheese Pasta w/peas & carrots (1c)	
<b>Cold Meal</b>			Creamy Basil Chicken Hoagie Sandwich w/broccoli & carrots (1c)	200	Oriental Chicken Tortilla Wrap w/bbq bean salad (1/2c)		Italian Turkey, Ham & Cheese Hoagie Sandwich w/bbq corn salad (1c)		Torta de Tinga w/carrot sticks (1c)	
<b>Cold Pastas</b>			Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad	
<b>Cold Vegetarian</b>	200	Cajun Cheese Pasta Salad w/carrot sticks (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)		Garlic Pesto Cheese Pasta Salad w/bbq bean salad (1c)		Bean & Cheese Torta w/bbq corn salad (1c)		Parmesan Cheese Pasta Salad w/carrot sticks (1c)	
<b>Daily Salad</b>		Italian Antipasto Salad with a Wheat Dinner Roll	Santa Fe Chicken Salad with a Wheat Dinner Roll		Caesar Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll	
<b>Snack</b>	40	Cereal Bar	40	Cheeze-its	40	Goldfish Pretzel	40	Strawberry Muffin	40	
<b>NOTES</b>	D									
<b>Week 4 Options</b>	<b>Red &amp; Orange</b>	<b>Dark Green</b>		<b>Beans &amp; Peas</b>		<b>Starchy</b>		<b>Other Veggies</b>		
	<b>9/25/2023</b>	<b>9/26/2023</b>		<b>9/27/2023</b>		<b>9/28/2023</b>		<b>9/29/2023</b>		
<b>Breakfast</b>	200	String Cheese & Graham Crackers	200	Bean & Cheese Breakfast Burrito	200	Coffee Cinnamon Crumble	200	Cinnamon French Toast	200	
<b>Breakfast</b>		Strawberry Muffin		Trix & WG Crackers		Bagel & Jelly		Multi Grain Cheerios & WG Crackers		
<b>Hot Meal</b>				Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Chicken & Waffles w/mashed potatoes (1c)		
<b>Hot Meal</b>		200	Hawaiian Chicken w/brown rice (1c) & steamed broccoli & carrots (1c)			200	Fresco Chicken Bowl w/spanish rice (1c), beans (1/2c) & corn (1/2c)			
<b>Hot Vegetarian</b>			Cheesy Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)				Bean & Cheese Burrito w/whole kernel corn (3/4c)			
<b>Cold Meal</b>	200	Caesar Chicken Tortilla Wrap w/carrot sticks (1/2c)	Roasted Pepper Chicken Hoagie Sandwich w/broccoli & carrots (1c)	200	Ham and Cheese Bagel Sandwich w/bbq bean salad (1c)		Cilantro Chicken Hoagie Sandwich w/bbq corn salad (1c)	200	Turkey & Cheese Panini w/carrot sticks (1c)	
<b>Cold Pastas</b>		Asian Chicken Pasta Salad	Chicken Pasta Primavera Salad		Cilantro Chicken Pasta Salad		Fiesta Chicken Pasta Salad		Sweet Chili Chicken Pasta Salad	
<b>Cold Vegetarian</b>		Garlic Pesto Cheese Pasta Salad w/carrot sticks (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)		Cajun Cheese Pasta Salad w/broccoli (1c)		Bean & Cheese Torta w/bbq corn salad (1c)		Chipotle Cheese Pasta Salad w/carrot sticks (1c)	
<b>Daily Salad</b>		Italian Antipasto Salad with a Wheat Dinner Roll	Santa Fe Chicken Salad with a Wheat Dinner Roll		Caesar Chicken Salad with a Wheat Dinner Roll		Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll	
<b>Snack</b>	40	NutriGrain Bar	40	Banana Muffin	40	Strawberry Chex Mix	40	Cheeze-its	40	
<b>NOTES</b>	E									

Orders not submitted before the 5 business day deadline will receive meals selected by their client representative. Meal changes and cancelations 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.