

Teach Academy of Technology Middle 10045 | Grades K-8

2026 | January Breakfast

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13 Bagel & Jelly	14 Coco Puffs & Oatmeal Cookie	15 Bagel & Jelly	16 Coffee Cinnamon Crumble	17
18	19	20 Bagel & Jelly	21 Rice Chex & Oatmeal Cookie	22 Blueberry Muffin	23 Bagel & Jelly	24
25	26 Chocolate Chip Muffin	27 Bagel & Jelly	28 Mexican Concha	29 Coffee Cinnamon Crumble	30 Bagel & Jelly	31

Customer Support | support@fshealthymeals.com | 818-797-5881

2026 | January Lunch

Teach Academy of Technology Middle 10045 | Grades K-8

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13 Chipotle Chicken Quesadilla w/ spanish rice & whole kernel corn <hr/> Hawaiian Chicken w/brown rice & sweet corn medley	14 Lemon Garlic Chicken w/cilantro rice & steamed broccoli & carrots <hr/> Poblano Green Chicken Pasta w/ steamed broccoli	15 Hamburger w/bbq baked beans <hr/> Cheeseburger Mac & Cheese w/ bbq baked beans <hr/> Three Cheese Mac & Cheese	16 Creamy Chicken Chipotle w/cilantro rice & glazed peas & carrots <hr/> Beef, Bean & Cheese Burrito w/ glazed peas & carrots	17
18	19	20 Hamburger w/ mashed potatoes <hr/> Black Bean Burger w/mashed potatoes <hr/> Mediterranean Chicken Salad	21 Chicken Alfredo Baked Ziti Bowl w/ steamed broccoli & carrots <hr/> Cheesy Alfredo Baked Ziti Bowl w/ steamed broccoli	22 Beef, Cheese & Bean Dip Nachos <hr/> Cheesaroni w/bbq baked beans	23 Chicken, Bean & Cheese Burrito w/ glazed peas & carrots <hr/> BBQ Chicken on a Bun w/glazed peas & carrots	24
25	26	27 Sloppy Joe on a Bun w/glazed peas & carrots <hr/> Beef Picadillo Bowl w/cilantro	28 Breaded Chicken Patty on a HB Bun w/sweet corn medley	29 Teriyaki Chicken Chow Mein w/ steamed broccoli & carrots <hr/> Buffalo Chicken Mac & Cheese/ bbq baked beans	30 Chicken & Cheese Chilaquiles w/ refried beans <hr/> Southwestern Chicken Bowl w/ cilantro rice & glazed peas & carrots	31

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