

January 2026

Teach Charter High School

GRADE: 9-12

SBP/NSLP Menu

Serve w/ Milk & Fruit

B=

L=

S=

Last updated: 07/14/25 at 10:00 am

Menus are not final. Menu items may change due to limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

MONDAY RED/ORANGE	TUESDAY STARCHY	WEDNESDAY DARK GREEN	THURSDAY LEGUMES	FRIDAY OTHER
29	30	31	1	2
5	6	7	8	9
WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK	WINTER BREAK
12	13	14	15	16
	Pancakes (2) Chipotle Chicken Quesadilla w/spanish rice (1/2c) & whole kernel corn (1c)	Yogurt with Oatmeal Cookie Poblano Green Chicken Pasta w/steamed broccoli & carrots (1c)	Bean & Cheese Breakfast Burrito Hamburger w/bbq baked beans (1c)	Coffee Cinnamon Crumble Creamy Chicken Chipotle w/cilantro rice (1c) & glazed peas & carrots (1c)
WINTER BREAK				
	Mediterranean Chicken Salad with a Wheat Dinner Roll	Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll
	Chocolate Chip Muffin (S)	Blueberry Muffin (S)	Oatmeal Cookie (S)	Strawberry Muffin (S)
19	20	21	22	23
	Waffles (2)	Yogurt with Oatmeal Cookie Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	Sausage English Muffin Beef, Cheese & Bean (1c) Dip Nachos	Bagel with Cream Cheese Chicken, Bean & Cheese Burrito w/glazed peas & carrots (1c)
NO SCHOOL	Turkey & Cheese Panini w/garden corn salad (1c)			
	Mediterranean Chicken Salad with a Wheat Dinner Roll	Chef Turkey & Ham Salad with a Wheat Dinner Roll		Chinese Chicken Salad with a Wheat Dinner Roll
	Vanilla Muffin (S)	Blueberry Muffin (S)	Strawberry Muffin (S)	Oatmeal Cookie (S)
26	27	28	29	30
Chocolate Chip Muffin Sloppy Joe on a Bun w/glazed peas & carrots (1c)	Pancakes (2) Creamy Cheese Chipotle Pasta w/sweet corn medley (1c)	Mexican Concha Teriyaki Chicken Chow Mein w/steamed broccoli & carrots (1c)	Coffee Cinnamon Crumble Three Cheese Mac & Cheese w/bbq baked beans (1c)	Turkey Breakfast Sandwich Southwestern Chicken Bowl w/cilantro rice (1c) & glazed peas & carrots (1c)
Caesar Chicken Salad with a Wheat Dinner Roll Oatmeal Cookie (S)	Mediterranean Chicken Salad with a Wheat Dinner Roll Banana Muffin (S)	Chef Turkey & Ham Salad with a Wheat Dinner Roll Blueberry Muffin (S)	Santa Fe Chicken Salad with a Wheat Dinner Roll Chocolate Chip Muffin (S)	Chinese Chicken Salad with a Wheat Dinner Roll Strawberry Muffin (S)

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:

- DELIVERY SCHEDULE: DAILY
- NO School- 01/05/26 to 01/12/26
- Martin Luther King Jr. Bday- NO school 01/19/26
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