

January 2026

Teach Charter High School

GRADE: 9-12

SBP/NSLP Menu

Serve w/ Milk & Fruit

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

B=

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S=

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 Pancakes (2) Chipotle Chicken Quesadilla w/spanish rice (1/2c) & whole kernel corn (1c)	14 Yogurt with Oatmeal Cookie Poblano Green Chicken Pasta w/steamed broccoli & carrots (1c)	15 Bean & Cheese Breakfast Burrito Hamburger w/bbq baked beans (1c)	16 Coffee Cinnamon Crumble Creamy Chicken Chipotle w/cilantro rice (1c) & glazed peas & carrots (1c)
WINTER BREAK				
	Mediterranean Chicken Salad with a Wheat Dinner Roll Chocolate Chip Muffin (S)	Chef Turkey & Ham Salad with a Wheat Dinner Roll Blueberry Muffin (S)	Oatmeal Cookie (S)	Chinese Chicken Salad with a Wheat Dinner Roll Strawberry Muffin (S)
19	20 Waffles (2)	21 Yogurt with Oatmeal Cookie Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	22 Sausage English Muffin Beef, Cheese & Bean (1c) Dip Nachos	23 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 Vanilla Muffin (S)	Chef Turkey & Ham Salad with a Wheat Dinner Roll Blueberry Muffin (S)	Strawberry Muffin (S)	Chinese Chicken Salad with a Wheat Dinner Roll Oatmeal Cookie (S)
26	27 Chocolate Chip Muffin Sloppy Joe on a Bun w/glazed peas & carrots (1c)	28 Mexican Concha Teriyaki Chicken Chow Mein w/steamed broccoli & carrots (1c)	29 Coffee Cinnamon Crumble Three Cheese Mac & Cheese w/bbq baked beans (1c)	30 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) 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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- **•**
- **•**
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Welcome Back!

