

JANUARY

2026

College Prep Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are subject to change without notice.</p> <p>Offer VS Serve</p>			1 <i>Winter Break</i>	2 <i>Winter Break</i>
5 Yogurt w/Graham Crackers Apple Juice / Milk	6 Protein Box (2 Boiled Eggs, Cheese, Crackers & Organic Fruit) Juice / Milk	7 Pancakes Poffitz Apple Slices Juice / Milk	8 Overnight Oats w/Frozen Berries Pear Juice / Milk	9 Cereal Applesauce Juice / Milk
12 Cereal Apple Juice / Milk	13 Pancakes Orange Juice / Milk	14 Bagel w/Cream Cheese Apple Slices Juice / Milk	15 Waffle Pear Juice / Milk	16 Yogurt w/Graham Crackers Applesauce Juice / Milk
19 <i>Holiday</i>	20 Overnight Oats w/Frozen Berries Orange Juice / Milk	21 Yogurt w/Graham Crackers Apple Slices Juice / Milk	22 Bagel w/Cream Cheese Pear Juice / Milk	23 Waffle Applesauce Juice / Milk
26 Bagel w/Cream Cheese Apple Juice / Milk	27 Pancakes Poffitz Orange Juice / Milk	28 Waffle Apple Slices Juice / Milk	29 Protein Box (2 Boiled Eggs, Cheese, Crackers & Organic Fruit) Juice / Milk	30 Cereal Applesauce Juice / Milk

Warning: Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The

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<p>Menus are subject to change without notice.</p> <p>Offer VS Serve</p>			1 <i>Winter Break</i>	2 <i>Winter Break</i>
5 Regular Chicken Sandwich Spicy Chicken Sandwich Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	6 Oven Fried Chicken Drumstick w/Mac&Cheese Sliced Apples Beans / Cucumber Slices w/Tajin Juice / Milk	7 Cheeseburger Pear SaladCup w/Dressing / 3-Bean Veggie Chili Juice / Milk	8 Cali Burrito Applesauce Carrot & CelerySticks w/Dip Lettuce & Tomato Cup Juice / Milk	9 MozzBread Stick w/Buffalo Nuggets Orange Marinara Sauce / Corn Juice / Milk
12 Halal Chicken Skewers on Rice Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	13 Regular Chicken Sandwich Spicy Chicken Sandwich Sliced Apples Lettuce & Tomato / Cucumber Slices w/Tajin Juice / Milk	14 Halal HotDog w/TaterTots Pear 3-Bean Veggie Chili / JicamaSticks w/Tajin Juice / Milk	15 Orange Chicken with Rice Applesauce Carrot & Celery Sticks w/Dip Lettuce & Tomato Cup Juice / Milk	16 Bean & Cheese Burrito Orange Carroteenies w/Dip / Corn Juice / Milk
19 <i>Holiday</i>	20 Tamale & Rice Sliced Apples Beans / Cucumber Slices w/Tajin Juice / Milk	21 Meatless RotiniPasta & CheesyBreadStick Pear 3-Bean Veggie Chili Salad Cup w/Dressing Juice / Milk	22 Beef Teriyaki Dippers & Rice Applesauce Carrot & CelerySticks w/Dip Lettuce & Tomato Cup Juice / Milk	23 Cheeseburger Orange Carroteenies w/Dip / Corn Juice / Milk
26 Boneless Chicken Wings w/Tots Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	27 Bean & Cheese Burrito Sliced Apples Lettuce & Tomato Cucumber Slices w/Tajin Juice / Milk	28 Mozz BreadStick w/Chicken Nuggets Pear 3-Bean Veggie Chili Salad Cup w/Dressing Juice / Milk	29 Teriyaki Chicken w/Rice Applesauce Carrot& CelerySticks w/Dip Lettuce & Tomato Juice / Milk	30 Hot Pocket Orange Carroteenies w/Dip / Corn Juice / Milk

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