



2025

## College Prep Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Labor Day</i>	2 Cereal Orange Juice / Milk	3 Bagel w/Cream Cheese Apple Juice / Milk	4 Waffle Banana Juice / Milk	5 Yogurt w/Graham Crackers Pear Juice / Milk
8 Cinnamon Swirl Apple Juice / Milk	9 Overnight Oats w/Frozen Berries Orange Juice / Milk	10 Yogurt w/Graham Crackers Apple Juice / Milk	11 Bagel w/Cream Cheese Banana Juice / Milk	12 Waffle Pear Juice / Milk
15 Bagel w/Cream Cheese Apple Juice / Milk	16 Pancakes Orange Juice / Milk	17 Waffle Apple Juice / Milk	18 Protein Box (2 Boiled Eggs, Cheese, Crackers & Fruit) Juice / Milk	19 Cinnamon Swirl Pear Juice / Milk
22 Yogurt w/Graham Crackers Apple Juice / Milk	23 Bagel w/Cream Cheese Orange Juice / Milk	24 Cinnamon Swirl Apple Juice / Milk	25 Cereal Banana Juice / Milk	26 Overnight Oats w/Frozen Berries Pear Juice / Milk
29 Protein Box (2 Boiled Eggs, Cheese, Crackers & Fruit) Juice / Milk	30 Cereal Orange Juice / Milk	<div>Menus are subject to change without notice.</div> <div>Offer VS Serve</div>		

**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 breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."



## College Prep Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <i>Labor Day</i>	<b>2</b>  Chicken Sandwich Mixed Fruit Lettuce & Tomato Cup / Beans Juice / Milk	<b>3</b>  Hot Dog (Halal) w/Tots Banana 3-Bean Chili / Jicama Sticks w/Tajin Juice / Milk	<b>4</b>  Orange Chicken w/Rice Orange Carrot Sticks & Celery Sticks w/Dip Juice / Milk	<b>5</b>  Bean & Cheese Burrito Peaches Carroteenies w/Dip / Corn Juice / Milk
<b>8</b>  Mini Corn Dog w/Mac & Cheese Apple Carroteenies / Jicama Sticks w/Tajin Juice / Milk	<b>9</b>  Tamale w/Rice Mixed Fruit Beans / Cucumber Slices Juice / Milk	<b>10</b>  French Bread Pizza (Cheese / Pepp) Banana Salad cup w/Dressing / Jicama Sticks Juice / Milk	<b>11</b>  Meatless Rotini Pasta w/Cheesy Bread Stick Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	<b>12</b>  Cheeseburger w/Fries Peaches Carroteenies w/Dip / Corn Juice / Milk
<b>15</b>  Boneless Chix Wings w/Tots Apple Carroteenies / Jicama Sticks w/Tajin Juice / Milk	<b>16</b>  Burger (Halal) w/Tots Mixed Fruit Lettuce & Tomato Cup / Cucumber Slices Juice / Milk	<b>17</b>  Mozz BreadStick w/Chicken Nuggets Banana 3-Bean Chili / Salad Cup w/Dressing Juice / Milk	<b>18</b>  Teriyaki Chicken w/Rice Orange Carrot Sticks & Celery Sticks w/Dip Juice / Milk	<b>19</b>  Hot Pocket Peaches Carroteenies w/Dip / Corn Juice / Milk
<b>22</b>  Chicken Sandich Apple Carroteenies / Jicama Sticks w/Tajin Juice / Milk	<b>23</b>  Oven Fried Chicken Drumstick w/Mac & Cheese Mixed Fruit Beans / Cucumber Slices Juice / Milk	<b>24</b>  French Bread Pizza (Cheese / Pepp) Banana Salad cup w/Dressing / Jicama Sticks Juice / Milk	<b>25</b>  Cali Burrito Orange Carrot Sticks & Celery Sticks w/Dip Juice / Milk	<b>26</b>  Mozz Bread Stick w/Veg Buffalo Nuggets Peaches Carroteenies w/Dip / Corn Juice / Milk
<b>29</b>  Halal Chicken Skewers on Rice Apple Carroteenies / Jicama Sticks w/Tajin Juice / Milk	<b>30</b>  Chicken Sandwich Mixed Fruit Lettuce & Tomato Cup / Cucumber Slices Juice / Milk	<div>Menus are subject to change without notice.</div> <div>Offer VS Serve</div>		

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