





December 2025

Menus are subject to change without notice.

Offer VS Serve

College Prep Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Apple Juice / Milk	2 Pancakes Orange Juice / Milk	3 Bagel w/Cream Cheese Apple Slices Juice / Milk	4 Waffle Pear Juice / Milk	5 Yogurt w/Graham Crackers Applesauce Juice / Milk
8 Cinnamon Swirl Apple Juice / Milk	9 Overnight Oats w/Frozen Berries Orange Juice / Milk	10 Yogurt w/Graham Crackers Apple Slices Juice / Milk	11 Bagel w/Cream Cheese Pear Juice / Milk	12 Waffle Applesauce Juice / Milk
15 Bagel w/Cream Cheese Apple Juice / Milk	16 Pancakes Poffitz Orange Juice / Milk	17 Waffle Apple Slices Juice / Milk	18 Protein Box Organic Fruit Juice / Milk	19 Cereal Applesauce Juice / Milk Min Day
22 <i>Winter Break</i>	23 <i>Winter Break</i>	24 <i>Winter Break</i>	25 <i>Winter Break</i>	26 <i>Winter Break</i>
29 <i>Winter Break</i>	30 <i>Winter Break</i>	31 <i>Winter Break</i>		

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."





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Offer VS Serve

College Prep Middle School Lunch Menu

2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Halal Chicken Skewers on Rice Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	2 Chicken Sandwich (Reg / Spicy) Apple Slices Lettuce & Tomato / Cucumber Slices Juice / Milk	3 Hot Dog (Halal) w/Tots Pear 3-Bean Chili / Jicama Sticks w/Tajin Juice / Milk	4 Orange Chicken w/Rice Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	5 Bean & Cheese Burrito Orange Carroteenies w/Dip / Corn Juice / Milk
8 Mini Corn Dog w/Mac & Cheese Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	9 Tamale w/Rice Apple Slices Beans / Cucumber Slices Juice / Milk	10 Meatless Rotini Pasta w/CheesyBreadStick Pear 3-Bean Chili / Salad Cup w/Dressing Juice / Milk	11 Beef Teriyaki Dunkers w/Rice Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	12 Cheeseburger Orange Carroteenies w/Dip / Corn Juice / Milk
15 Boneless Chicken Wings w/Tots Grapes Carroteenies / Jicama Sticks w/Tajin Juice / Milk	16 Burger (Halal) w/Tots Apple Slices Lettuce & Tomato / Cucumber Slices Juice / Milk	17 Mozz Bread Stick w/ 3 Chicken Nuggets Pear 3-Bean Chili / Salad Cup w/Dressing Juice / Milk	18 Teriyaki Chicken w/Rice Applesauce Carrot Sticks & Celery Sticks w/Dip Juice / Milk	19 Hot Pocket Orange Carroteenies w/Dip / Corn Juice / Milk Min Day
22 Winter Break	23 Winter Break	24 Winter Break	25 Winter Break	26 Winter Break
29 Winter Break	30 Winter Break	31 Winter Break		

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