

Taylor Middle School

January (6th – 8th)

Our menus are aligned with the USDA's
"Healthier US School Challenge."

Breakfast Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Pancake on a Stick	Breakfast Bagel	Cinnamon Roll	Blueberry Pancake	Bean & Cheese Burrito
WEEK 2	Blueberry Bread	Breakfast Sausage Pizza	Chicken on a Bun	Kolache	Egg and Cheese Taco
WEEK 3	French Toast	Breakfast Bites	Breakfast Quesadilla	Pancake And Sausage	WG Powdered Donut
WEEK 4	Pancake on a Stick	Breakfast Bagel	Cinnamon Roll	Blueberry Pancake	Bean & Cheese Burrito
WEEK 5	Blueberry Bread	Breakfast Sausage Pizza	Chicken on a Bun	Kolache	Egg and Cheese Taco

Daily Breakfast Choices Include:


Whole Grain Cereals, Cereal Bars, 100% Orange Juice, Fresh Fruit 1% White Milk and Fat Free Chocolate Milk .

 SECONDARY MEAL PRICES Student Breakfast FREE Reduced Breakfast \$.00 Adult Breakfast \$2.00 Student Lunch \$2.90 Reduced Lunch \$.40 Adult Lunch \$3.50		 A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES Fresh Garden Salad Greens plus Fruits & Vegetables, Locally Grown items are offered whenever seasonally available. 1% White Milk and Fat Free Chocolate Milk included with all meals		
January 8th Orange Chicken Mandarin Rice Carrots Applesauce	January 9th Homemade Lasagna With Dinner Roll Black Beans Pineapple	January 10th Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	January 11th Baked Potato Bar w/Dinner Roll Green Beans Chilled Pears	January 12th Frito Pie Charro Beans Chilled Mixed Fruit
January 15th Baked Ziti Wheat Roll Broccoli Applesauce	January 16th Chili Lime Chicken Mexicali Corn Herb Roasted Carrots Pineapple	January 17th Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	January 18th Chicken Pot Pie Breadstick Herb Roasted Carrots Chilled Pears	January 19th Chicken Fried Steak Dinner Roll Mashed Potatoes Chilled Mixed Fruit
January 22nd Chicken Spaghetti Italian Green Beans Corn Applesauce	January 23rd Chicken Potato Bowl Breadstick Herb Roasted Carrots Pineapple	January 24th Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	January 25th Chicken Stir Fry Mandarin Orange Rice Mexicali Corn Chilled Pears	January 26th Chicken Parmesan Broccoli Chilled Mixed Fruit
January 29th Spaghetti w/ Meatsauce Wheat Roll Broccoli Applesauce	January 30th Chicken Teriyaki w/ Fried Rice Oriental Vegetables Pineapple	January 31st Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges		


 **EVERYDAY CHOICES**
Hamburger, Cheeseburger
And Spicy Chicken Sandwich



MON	Chicken Quesadilla
TUES	Bean & Cheese Burrito
WED	Green Chili Burrito
THUR	Chicken Enchilada Bake
FRI	Taco Loco Salad

 **Fresh Salads and Turkey Subs Offered daily**

MON	Turkey & Cheese Bagel	Turkey Chef Salad
TUES	Turkey Apple Pita	Asian Salad
WED	Crispy Chicken Wrap	Fruit Cheese and Yogurt Plate
THUR	Italian Pesto Wrap	Spinach Pear Crunch Salad
FRI	Turkey & Cheese Bagel	Turkey Chef Salad



MON	Chicken Stromboli
TUES	Supreme Pizza
WED	Pulled Pork
THUR	Chicken & Bacon
FRI	Hawaiian pizza

Healthy Hunger-Free Kids Act

Taylor ISD 's lunch and breakfast plans are compliant with HHFKA. Our meals are based on a Food Based Menu planning system.

Every lunch meal will consist of five components: grains, meat/meat alternatives, fruit, vegetable, and milk. In order to be considered a "student meal", the student must select three of the five components. We encourage students to select all five components to receive a balanced meal.

Every student will be required to take 1/2 cup of fruit and/or vegetable each day to make a "student meal".

We follow a plan that is called offer vs. serve. Larger portions of vegetables and fruit will be available to those students who want them. The minimum amount that a student will have to take is 1/2 cup of a fruit, 1/2 cup of a vegetable or a combination of both.

Legumes continue to be offered at least once a week.
Legumes are from the bean/pea family, but they are not green beans or green peas! These include black beans, kidney beans and pinto beans. You October see these items offered as a southwest bean salad. Or, they October be part of an entrée, such as refried beans in a burrito.