

Taylor High School

January (9th – 12th)

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

Breakfast

	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					
Assorted Cereal Bar, Whole Grain Cereals, Fresh and Canned Fruit, 100% Apple or Fruit Juice & Low Fat or Fat Free Milk Variety					

SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables,
Locally Grown items are offered whenever seasonally available.
Low fat and Fat Free Milk

				December 1st Frito Pie Charro Beans Chilled Mixed Fruit
January 8th Pulled Pork Stroganoff Steamed Corn Applesauce	January 9th Shake 'n Bake Chicken Dinner Roll Black Beans Pineapple	January 10th Chicken Nuggets with WG Breadstick Mashed Potatoes with Gravy Oranges	January 11th Honey Mustard Chicken Bites Dinner Roll Chilled Pears	January 12th Bowtie Pasta w/ Queso Blanco With Breadstick Broccoli 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 BBQ Pork Sliders Mixed Vegetables 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

Turkey Chef Salads
Assorted Sandwiches - Made to order daily



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

We will begin using a Food Based Menu planning System

Every 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 high school student will be required to take 1 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 1cup of a fruit, 1 cup of a vegetable or a combination of both.



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



MON	Bacon Cheeseburger
TUES	Chicken Marinara Sub
WED	Meatball Sub
THUR	Chicken Corndog
FRI	BBQ Rib Sandwich

Legumes will 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 may see these items offered as a southwest bean salad. Or, they may be part of an entrée, such as refried beans in a burrito.