

September 2023

We The People High School

GRADE: 9-12

SBP/NSLP Menu

Serve w/ Milk & Fruit

B=

L=

S=

Last updated: 5/25/23 at 12:45 pm

Menus are not final. Menu items may change due to national supply chain issues including limited food availability, staff shortages, distribution issues, inflationary prices and/or other challenges.

	MONDAY RED/ORANGE	TUESDAY DARK GREEN	WEDNESDAY LEGUMES	THURSDAY STARCHY	FRIDAY OTHER
	28	29	30	31	1
BREAKFAST		15 Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.
HOT MEAL		Turkey Hot Dog on a Bun w/carrot sticks (1c)	Beef Picadillo (3/4c) w/spanish rice (1c) & pinto beans (3/4c)	Southwestern Chicken w/brown rice (1c) & whole kernel corn (3/4c)	Pepperoni Pizza Slice w/carrot sticks (1c)
HOT VEGETARIAN					Cheese Pizza Slice w/carrot sticks (1c)
COLD MEAL	No School	Ham and Cheese Panini Sandwich w/carrot sticks (1c)	Ham and Cheese Bagel Sandwich w/bbq bean salad (1c)	Cilantro Chicken Salad Hoagie Sandwich w/bbq corn salad (1c)	Roasted Pepper Chicken Hoagie Sandwich w/broccoli & carrots (1c)
COLD VEGETARIAN		Parmesan Cheese Pasta Salad w/carrot sticks (1c)	Garlic Pesto Cheese Pasta Salad w/bbq bean salad (1c)	Bean & Cheese Torta w/bbq corn salad (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)
VEGAN LUNCH		Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c), brown rice (1c) & pinto beans (1/2c)	Tofu Taco Salad (3/4c) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)	Penne Pasta (1c) & Marinara Sauce (1/2c) with Tofu (1/2c) & whole kernel corn (1/2c)	Teriyaki Chow Mein (1c) w/Tofu (1/2c) & broccoli (1c)
	4	5	6	7	8
BREAKFAST		Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.
HOT MEAL		Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	Fresco Chicken Bowl w/spanish rice, black beans (1/2c) & corn (1/2c)	Hamburger w/tater tots (1c)	Pepperoni Pizza Slice w/carrot sticks (1c)
HOT VEGETARIAN					Cheese Pizza Slice w/carrot sticks (1c)
Shelf Stable Breakfast	No School				
COLD MEAL		BBQ Chicken Hoagie Sandwich w/broccoli & carrots (1c)	Caesar Chicken Tortilla Wrap w/cilantro bean salad (3/4c)	Creamy Basil Chicken Hoagie Sandwich w/bbq corn salad (1c)	Turkey & Cheese Bagel Sandwich w/carrot sticks (1c)
COLD VEGETARIAN		Bean & Cheese Torta w/broccoli & carrots (1c)	Parmesan Cheese Pasta Salad w/cilantro bean salad (1c)	Bean & Cheese Torta w/bbq corn salad (1c)	Cajun Cheese Pasta Salad w/carrot sticks (1c)
VEGAN LUNCH		Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c), brown rice (1c) & pinto beans (1/2c)	Tofu Taco Salad (3/4c) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)	Penne Pasta (1c) & Marinara Sauce (1/2c) with Tofu (1/2c) & whole kernel corn (1/2c)	Teriyaki Chow Mein (1c) w/Tofu (1/2c) & broccoli (1c)
SNACK		Chocolate Chex Mix	Cheez-its	Strawberry Muffin	Goldfish Pretzel
	11	12	13	14	15
BREAKFAST		Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.
HOT MEAL	Breaded Chicken Patty on a HB Bun w/carrot sticks (1c)	Pizza Lasagna w/steamed broccoli & carrots (1c)	Beef & Cheese Nachos w/refried pinto beans (1c)	Beef & Bean Chili (1c) w/dinner roll & whole kernel corn (1/2c)	Pepperoni Pizza Slice w/carrot sticks (1c)
HOT VEGETARIAN					Cheese Pizza Slice w/carrot sticks (1c)
COLD MEAL	Oriental Chicken Tortilla Wrap w/carrot sticks (3/4c)	Cilantro Chicken Salad Hoagie Sandwich w/broccoli & carrots (1c)	Turkey & Cheese Panini w/bbq bean salad (1c)	Roasted Pepper Chicken Hoagie Sandwich w/basil corn salad (1c)	Ham and Cheese Hoagie Sandwich w/carrot sticks (1c)
COLD VEGETARIAN	Garlic Pesto Cheese Pasta Salad w/carrot sticks (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)	Chipotle Cheese Pasta Salad w/bbq bean salad (1c)	Bean & Cheese Torta w/basil corn salad (1c)	Marinara Cheese Pasta Salad w/carrot sticks (1c)
VEGAN LUNCH		Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c), brown rice (1c) & pinto beans (1/2c)	Tofu Taco Salad (3/4c) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)	Penne Pasta (1c) & Marinara Sauce (1/2c) with Tofu (1/2c) & whole kernel corn (1/2c)	Teriyaki Chow Mein (1c) w/Tofu (1/2c) & broccoli (1c)
SNACK	Scooby-Doo Crackers	Coffee Cinnamon Crumble	Goldfish Crackers	Strawberry Chex Mix	Banana Muffin
	18	19	20	21	22
BREAKFAST	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.
HOT MEAL	Cheeseburger w/carrot sticks (1c)	Beef Marinara Baked Ziti Bowl w/steamed broccoli & carrots (1c)	Chicken Nuggets w/dinner roll & bbq baked beans (1c)	Chicken, Rice & Bean Burrito w/whole kernel corn (1/2c)	Pepperoni Pizza Slice w/carrot sticks (1c)
HOT VEGETARIAN					Cheese Pizza Slice w/carrot sticks (1c)
COLD MEAL	Ham and Cheese Panini w/carrot sticks (1c)	Creamy Basil Chicken Hoagie Sandwich w/broccoli & carrots (1c)	Oriental Chicken Tortilla Wrap w/bbq bean salad (1/2c)	Italian Turkey, Ham & Cheese Hoagie Sandwich w/bbq corn salad (1c)	Torta de Tinga w/carrot sticks (1c)
COLD VEGETARIAN	Cajun Cheese Pasta Salad w/carrot sticks (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)	Garlic Pesto Cheese Pasta Salad w/bbq bean salad (1c)	Bean & Cheese Torta w/bbq corn salad (1c)	Parmesan Cheese Pasta Salad w/carrot sticks (1c)
VEGAN LUNCH		Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c), brown rice (1c) & pinto beans (1/2c)	Tofu Taco Salad (3/4c) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)	Penne Pasta (1c) & Marinara Sauce (1/2c) with Tofu (1/2c) & whole kernel corn (1/2c)	Teriyaki Chow Mein (1c) w/Tofu (1/2c) & broccoli (1c)
	25	26	27	28	29
BREAKFAST	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.	Cereal, graham crackers and pineapple juice.
HOT MEAL	Teriyaki Chicken Chow Mein Bowl w/steamed carrots (1c)	Chicken Alfredo Baked Ziti Bowl w/steamed broccoli & carrots (1c)	Turkey Hot Dog on a Bun w/bbq baked beans (1c)	Chicken & Waffles w/mashed potatoes (1c)	Pepperoni Pizza Slice w/carrot sticks (1c)
HOT VEGETARIAN					Cheese Pizza Slice w/carrot sticks (1c)
Shelf Stable Breakfast					
COLD MEAL	Caesar Chicken Tortilla Wrap w/carrot sticks (1/2c)	Roasted Pepper Chicken Hoagie Sandwich w/broccoli & carrots (1c)	Ham and Cheese Bagel Sandwich w/bbq bean salad (1c)	Cilantro Chicken Hoagie Sandwich w/bbq corn salad (1c)	Turkey & Cheese Panini w/carrot sticks (1c)
COLD VEGETARIAN	Garlic Pesto Cheese Pasta Salad w/carrot sticks (1c)	Bean & Cheese Torta w/broccoli & carrots (1c)	Cajun Cheese Pasta Salad w/broccoli (1c)	Bean & Cheese Torta w/bbq corn salad (1c)	Chipotle Cheese Pasta Salad w/carrot sticks (1c)
VEGAN LUNCH		Grilled Vegetable Fajitas (1/2c) w/Tofu (1/2c), brown rice (1c) & pinto beans (1/2c)	Tofu Taco Salad (3/4c) w/Spanish Brown Rice (1c) & Refried Beans (3/4c)	Penne Pasta (1c) & Marinara Sauce (1/2c) with Tofu (1/2c) & whole kernel corn (1/2c)	Teriyaki Chow Mein (1c) w/Tofu (1/2c) & broccoli (1c)

This institution is an equal opportunity provider.

Breakfast fruit/juice portions: 1 cup & Lunch fruit/juice portions: 1 cup (Juice cannot exceed 50% of total weekly servings.) Milk (1 Cup) (1%)/Non-fat/Non-fat Choc

School Notes:



