



Pioneer Technology & Arts Academy Lunch Menu

January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No Classes	3 No Classes	4 Chicken Parmesan Pasta with red sauce & mozzarella Cheese Pizza Round * on whole grain pita crust ~ three bean Italian salad fresh salad greens fresh seasonal melon Chicken Ceasar Salad (salad-chicken-Parmesan-cROUTONS) bread stick & fresh fruit	5 Frito® Chili Pie our beef chili-cheddar-corn chips BBQ Chicken Quesadilla grilled 8" flour tortilla, fresh salsa ~ smashed pinto beans fresh 'taco' side salad fresh local Texas fruit Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	6 "Oven-Fried" Chicken over whole grain waffle & syrup Swedish Meatball in Gravy fresh baked whole grain roll ~ garlic mashed potatoes seasoned green beans & carrots mandarin orange medley 'Deli Classic' on Wheat Roll turkey-roast beef-cheese, 3-bean, sub 'salad', fresh veggies & fruit
9 Breaded Chicken Nuggets fresh baked whole wheat roll Taco Burger with Cheese on whole grain burger bun ~ steamed green peas fresh grape tomatoes chilled mixed fruit Hummus Bistro Bag * hummus, sunflower seeds, pita wedges, fresh veggies, & fruit	10  Lone Star BBQ Chicken <i>fresh baked</i> whole corn muffin Toasted Cheese Sandwich * three cheeses-whole wheat bread ~ bbq 'charro' pinto beans seasoned green beans fresh local Texas melon Smokehouse Chicken'wich bakery roll, Jack cheese, S/W bean salad, fresh veggies & fruit	11 Tuscan Meatball Calzone pizza dough, sauce, & mozzarella Grilled Chicken & Jack Sub in a whole grain sub roll w/tomatoes ~ Texas white bean salad fresh veggie sticks seasonal fresh fruit Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	12 Ranchero Chicken Enchilada shredded chicken-flour tortilla-salsa Bean & Cheese Burrito * with corn chips & fresh salsa ~ Southwest diced potatoes confetti corn saute seasonal fresh fruit 'Club Sub' Tortilla Wrap turkeyham-turkey-cheddar, Fritos® sub 'salad', fresh veggies & fruit	13 Pepperoni Pizza Square on whole grain crust Oven-Baked Italian Pasta * with cheese, garlic bread 'knot' ~ California veggie medley fresh Roma salad w/beans seasonal fresh fruit Italian Cold Cut Sub bakery wg sub roll, sub 'salad', pasta salad, fresh veggies & fruit
16 MLK Day	17  Texas Country Beef Steak with skillet gravy, ranch roll Smoked Shredded Chicken w/Texas BBQ sauce, ranch roll ~ <i>real</i> mashed potatoes seasoned green beans fresh local Texas fruit Fresh Veggie Pita Pocket * veggies-beans-greenz'-cheese Fritos® corn chips & fresh fruit	18 Spaghetti & Meat Sauce <i>fresh baked</i> garlic breadstick French Bread Pizza * wheat loaf-our sauce-mozzarella ~ fresh zucchini & corn Italiano fresh salad greens fruit n' Jello® Chicken Ceasar Salad (salad-chicken-Parmesan-cROUTONS) bread stick & fresh fruit	19 Cheeseburger Quesadilla charbroiled beef-American Cheese real Queso Nachos * over whole corn tortilla chips ~ house-made refried beans fresh 'taco' side salad seasonal fresh fruit Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	20 'Ranch-seasoned' Baked Chicken <i>fresh baked</i> whole wheat roll Chili Cheese Beef Dog whole grain coney bun ~ Cowboy-up pinto beans fresh vegetable Ranch salad seasonal fresh fruit Turkey & Jack Sandwich whole wheat bread, fresh fruit, cucumber-tomato-bean salad
23 Oven Roasted Turkey savory gravy, whole wheat roll Breaded Chicken Sandwich whole wheat bun, pickles ~ crinkle-cut oven potatoes buttered green peas seasonal fresh fruit 'That' Coffee Place Bistro Bag * cheese cubes/crackers, hard-boiled egg, fresh veggies, & red grapes	24  Arroz con Pollo Latin chicken-brown rice-veggies Sloppy Joe w/Cheddar Cheese on whole grain bun ~ garlic mashed potatoes fresh-cut veggies fresh local Texas fruit Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	25 Honey BBQ Baked Chicken <i>fresh baked</i> whole corn muffin Mac & Cheese Baked Potato <i>fresh baked</i> whole corn muffin ~ bbq pinto beans fresh salad greens chilled mixed fruit 'berries' Fresh Veggie Pita Pocket * veggies-beans-greenz'-cheese Fritos® corn chips & fresh fruit	26 Soft Beef Tacos on flour tortillas with cheese Chicken & Cheese 'dilla grilled chicken & Jack cheese ~ cilantro corn rice seasoned black beans seasonal fresh fruit Oven Roasted Chicken Sub bakery sub roll, sub 'salad', potato salad, fresh veggies & fruit	27 Chicken Alfredo Rotini <i>fresh baked</i> garlic breadstick Cheese Pizza Round * on whole grain pita crust ~ side Caesar salad fresh grape tomatoes seasonal fresh fruit Italian Cold Cut Sub bakery wg sub roll, sub 'salad', pasta salad, fresh veggies & fruit
30  State Fair Corn Dog honey battered chicken dog Toasted Cheese Sandwich * three cheeses-whole wheat bread ~ seasoned tater tots seasoned green beans fresh local Texas fruit Hummus Bistro Bag * hummus, cheese, pita wedges, fresh dipping veggies, & fruit	31 Homestyle Beef Steak tomato brown gravy, w. wheat roll Chicken Breast Nuggets <i>fresh baked</i> whole wheat roll ~ <i>real</i> mashed potatoes seasoned carrot coins seasonal fresh fruit Chopped Chef or 3Cheese* Salad turkeyham-turkey-cheese-greenz', garlic bread stick & fresh fruit	1 Baked Lemon Chicken <i>fresh baked</i> garlic knot Melty Ham n' Cheese Sub turkeyham-American-ww hoagie ~ parsley potatoes fresh salad greens seasonal fresh fruit Fresh Fruit Lunch Salad * with yogurt, cheese stick, fresh veggies, & whole wheat roll	2 Loco Pollo Torta roast chicken, jack, & pico de gallo real Queso Nachos * over whole corn tortilla chips ~ housemade refried beans fresh sliced cucumber fruit n' Jello® Turkey & Jack Sandwich whole wheat bread, fresh fruit, cucumber-tomato-bean salad	3 Mac & Cheese Bowl * <i>fresh baked</i> whole grain breadstick Breaded Fish Po'boy whole grain sub roll, pickles ~ seasoned peas & carrots fresh spinach salad seasonal fresh fruit Chicken Salad & Cheese Sub bakery wg sub roll, sub 'salad' bean salad, fresh veggies, & fruit

*
= NonMeat



Fruit & Produce
is seasonally
local sourced

"Sauces, beans, salads, pastas, fresh baked bakery, and the like are all
scratch-cooked in-house with our healthy recipes"

a peanut & pork
free menu



Menú de Almuerzo de Pioneer Technology & Arts Academy

Enero 2023



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2 No Clases	3 No Clases	4 Pollo Parmesano nuestra salsa rojo-pasta-queso Ronda de Pizza de Queso * sobre masa de pita integral ~ zucchini y coliflor 'Parm' ensalada verde fresca melon fresco de temporada Ensalada Cesar de Pollo (ensalada-pollo-Parmesano-pan) palito de pan integral, fruta	5 Pastel de Chili con Fritos* nuestra chili con carne y cheddar Quesadilla de Pollo a la Barbacoa tortilla de harina, salsa fresca ~ frijoles pintos triturados ensalada 'taco' fresca fruta fresca local de Tejas Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	6 Pollo 'Frita en el Horno' waffles grano entero y jarabe Albondigas Suecas en Salsa roll de trigo integral ~ pure de papas al ajo judas verdes sazonados y zanahoria mezcaval de naranjas mandarinas 'Deli Classic' en Rollo de Trigo pavo, rosbif, y queso, rollo, ensalada, verduras y fruta fresca
9 Nuggets de Pollo al Horno roll de trigo integral Hamburguesa de Taco en pan integral con queso ~ judias verde sazonadas tomates fresca de uva fruta mixta fria Bolsa Bistro de Hummus * hummus, semillas de girasol, gajos de pita, verduras y fruta fresca	10 Pollo a la Barbacoa Lone Star muffin de maiz recién horneado Sandwich Tostado de Queso * tres quesos-pan integral ~ frijoles pintos 'charro' judas verdes sazonadas fruta fresca local de Tejas Sandwich de Pollo Ahumado roll de trigo integral-queso, frijoles, verduras y fruta fresca	11 Calzone Toscano e Albondigas masa para pizza, salsa, & queso Pollo a la Parilla y Queso Jack en rollo integral con tomates ~ Texas frijoles blancos ensalada palitos de verduras frescas fruta fresca de temporada Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	12 Enchilada de Pollo Suave salsa ranchera-tortillas de maiz Burrito de Frijol y Queso * con Fritos® y salsa fresca ~ papas en cubito del Suroeste maiz confeti salteado fruta fresca de temporada Wrap de Tortilla 'Club Sub' pavo 'jamón', pavo, y cheddar Fritos, verduras y fruta fresca	13 Pizza de Pepperoni Cuadrada en corteza de grano entero Pasta Italiana al Horno * pan de ajo 'nudos' ~ mezcla de vegetales California ensalada roma con frijoles blanco fruta fresca de temporada
16 Día de MLK	17 Filete 'de Pollo Frito' Tejas salsa de sartén, rollo de rancho Pollo Ahumado (desmenuzado) con Texas BBQ salsa, rollo rancho ~ pure de papas <i>reales</i> judas verdes sazonadas fruta fresca local de Tejas Pita de Verduras Frescas * pan de pita integral, queso Fritos® y frutas fresco	18 Spaghetti & Salsa de Carne palito de pan de ajo Pan de Pizza con Queso * sobre pan Frances de trigo ~ zucchini fresca y maiz Italiano ensalada verde fresca fruta mixta y Jello® Ensalada Cesar de Pollo (ensalada-pollo-Parmesano-pan) palito de pan integral, fruta	19 Quesadilla Hamburguesa con carne de res a la brasa y queso Queso Nacho <i>real</i> * chips de tortilla grano entero ~ cunas de papas al horno ensalada de repollo pina en juro Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	20 Pollo 'Rancho' al Horno rollo de trigo recién horneado Perro Caliente con Chili y queso, rollo grano entero ~ arroz de cilantro y maiz frijoles negros con cilantro fruta fresca de temporada Sandwich de Pavo y Jack pan de trigo integral, frutas fresca ensalada de pepino-tomate-frijoles
23 Pavo Asado al Horno salsa sobrosa, roll de trigo integral Sandwich de Pollo Empanado con pan integral y pepinillos ~ papas cortadas arrugadas guisantes verde mantaquilla fruta fresca de temporada Bolsa Bistro de ese Cafe * galletas y queso, huevo cocido verduras frescas, y uvas rojas	24 Arroz con Pollo pollo Laiton-arroz integral-verduras 'Sloppy Joe' con Queso Cheddar con pan integral ~ pure de papas al ajo verduras frescas cortadas fruta fresca local de Tejas Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	25 Pollo al Horno con BBQ Miel muffin de maiz recién horneado Patata al Horno con 'Mac & Cheese' muffin de maiz recién horneado ~ bbq frijoles pintos verdura fresca ensalada mezcla de frutas de fresa Pita de Verduras Frescas * pan de pita integral, queso Fritos® y frutas fresco	26 Taco de Carne Suave con tortillas de harina y queso Quesadilla con Pollo y Queso pollo a la parilla y queso Jack ~ arroz de cilantro y maiz frijoles negros con cilantro fruta fresca de temporada Sub de Pollo Asado al Horno sub rollo y sub 'ensalada', ensalada papas, verduras y fruta fresca	27 Rotini Alfredo con Pollo palito de pan integral Ronda de Pizza de Queso * sobre masa de pita integral ~ ensalada Caesar tomates fresca de uva fruta fresca de temporada Sub de Fiambrer Italiano sub rollo y sub 'ensalada', pasta, verduras y fruta fresca
30 State Fair' Corn Dog pollo perro caliente con miel Sandwich Tostado de Queso * tres quesos-pan integral ~ tater to's horneadas judas verdes sazonados fruta fresca local de Tejas Bolsa Bistro de Hummus * hummus, semillas de girasol, gajos de pita, verduras y fruta fresca	31 Bistec de Ternera Casero con gravy y salsa tomate Nuggets de Pollo al Horno rollo de trigo recién horneado ~ papas perejil monedas de zanahoria sazonadas fruta fresca de temporada Ensalada de Chef Picada pavo-pavo'jamón-queso-verdes palitos de pan, frutas frescas	1 Pollo al Limón al Horno rollo de trigo recién horneado Sub Derretido de Jamón y Queso jamón de pavo-queso-pan ~ sobre patatas asadas de hierbas verdura fresca ensalada fruta fresca de temporada Ensalada de Fruta Frescas * con yogur, palito de queso, verduras frescas, & rollo integral	2 Loco Pollo Torta pollo asado, queso, y pico de gallo Queso Nacho <i>real</i> * chips de tortilla grano entero ~ frijoles refritos hechos en casa rodajas de pepino fresco fruta mixta y Jello® Sandwich de Pavo y Jack pan de trigo integral, frutas fresca ensalada de pepino-tomate-frijoles	3 Maccarrones con Queso * palito de pan integral Po'boy de Pescado Empanizado en rollo integral, pepinillos ~ guisantes y zanahorias sazonadas ensalada de espinacas frescas fruta fresca de temporada Sub de Ensalada de Pollo sub rollo con queso, sub 'ensalada', verduras y fruta fresca



* = no carnico



Fruit & Produce
es de
temporada local

"Las salsas, frijoles, ensaladas, pastas, panadería recién horneada y similares se cocinan en casa con nuestras recetas saludables"

un menú sin cerdo
y mani