



Fall 2021 Middle & High School Sweetwater Nutrition Menu Week 1

Breakfast

Breakfast includes an entrée, fruit and milk (1% white or nonfat chocolate).





	Mon	Tue	Wed	Thu	Fri
Entrées	Pork Sausage Links, Hash Brown, Egg & Cheese Breakfast Burrito	Big Breakfast Waffle Plate	Chorizo & Egg Burrito	Pork Sausage Patty, Egg & Cheese English Muffin Breakfast Sand-	Pork Sausage Links, Hash Brown, Egg, & Cheese Breakfast Burrito
Sides	Seasonal Fresh Fruit 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Seasonal Fresh Fruit 100% Apple Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Seasonal Fresh Fruit Assorted Fruit Cups

Daily Breakfast Options: Assorted Muffins & Assorted Cereal. (Vegetarian or Vegan Items available upon request) 

Freshly Baked Cinnamon Rolls (**Tuesday & Thursday**), French Toast Sticks (**Monday & Wednesday**). 

Lunch

Lunch includes an entrée, fruit, vegetable and milk (1% white or nonfat chocolate). Assorted condiments offered daily.

	Mon	Tue	Wed	Thu	Fri
Entrées	Bean & Cheese Burrito 	Pizza By the Slice  (Pepperoni or Cheese)	Pulled Pork Sandwich	Garlic Cheese Toast With Marinara Sauce 	Pizza By the Slice  (Pepperoni or Cheese)
	Spicy Chicken Sandwich	Classic Cheeseburger	Spaghetti Bolognese	Chicken Teriyaki Rice Bowl	Spicy Chicken Sandwich
	Turkey Pepper Jack Sandwich Wedge	Chicken Caesar Salad With Dinner Roll	Turkey Chef Salad With Dinner Roll	Turkey Ham & Cheese Sandwich Wedge	Chicken Caesar Salad With Dinner Roll
Sides	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Mexican Street Corn	Seasonal Fresh Fruit 100% Apple Juice 3 Bean Salad Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Side Salad	Seasonal Fresh Fruit 100% Orange Juice Cheesy Broccoli Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Mexican Street Corn Baby Carrots

 = Vegetarian

****Please see the Site Supervisor to request a specific allergen free menu****

Vegan Options Available

This institution is an equal opportunity provider.





Fall 2021 Middle & High School Sweetwater Nutrition Menu Week 2

Breakfast

Breakfast includes an entrée, fruit and milk (1% white or nonfat chocolate).




	Mon	Tue	Wed	Thu	Fri
Sides	Turkey Sausage Breakfast Pizza	Pork Sausage Patty, Egg & Cheese English Muffin Breakfast Sandwich	Chorizo & Egg Burrito	Big Breakfast Waffle Plate	Pork Sausage Links, Hash Brown, Egg, & Cheese Breakfast Burrito
	Seasonal Fresh Fruit 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Seasonal Fresh Fruit 100% Apple Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Seasonal Fresh Fruit Assorted Fruit Cups

Daily Breakfast Options: Assorted Muffins & Assorted Cereal. (Vegetarian or Vegan Items available upon request) 

Freshly Baked Cinnamon Rolls (**Tuesday & Thursday**), French Toast Sticks (**Monday & Wednesday**). 

Lunch

Lunch includes an entrée, fruit, vegetable and milk (1% white or nonfat chocolate). Assorted condiments offered daily.

	Mon	Tue	Wed	Thu	Fri
Sides	Pizza By the Slice  (Pepperoni or Cheese)	Spaghetti Bolognese	Bosco Sticks  with Marinara Sauce	Beef Teriyaki Rice Bowl	Pizza By the Slice  (Pepperoni or Cheese)
	Chicken Alfredo Bowl	Chicken Nuggets with Buffalo Fries & Dinner Roll	BBQ Chicken Plate	Chula Viistaville Hot Chicken Sandwich	Classic Cheeseburger
Entrées	Turkey Pepper Jack Sandwich Wedge	Chicken Caesar Salad With Dinner Roll	Southwest Chicken Salad With Tortilla Chips	Turkey Chef Salad With Dinner Roll	Chicken Caesar Salad With Dinner Roll
	Seasonal Fresh Fruit Assorted Fruit Cups Side Salad Baby Carrots	Seasonal Fresh Fruit 100% Apple Juice Spicy Lime Cucumber Rounds Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Garden Fresh Slaw	Seasonal Fresh Fruit Assorted Fruit Cups Spicy Lime Cucumber Rounds Baby Carrots	Seasonal Fresh Fruit 100% Orange Juice Mexican Street Corn Celery Sticks

 = Vegetarian

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