


Winter 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	Bean & 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, & Friday**). 

Lunch

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

	Mon	Tue	Wed	Thu	Fri
Entrées	Pizza By the Slice  (Pepperoni or Cheese)	Pork & Cheese Burrito	Pizza By the Slice  (Pepperoni or Cheese)	Buffalo Chicken Garlic Cheese Toast	Pizza By the Slice  (Pepperoni or Cheese)
	Spicy Chicken Sandwich	Classic Cheeseburger	Spaghetti Bolognese	Chicken Teriyaki Rice Bowl	Spicy Chicken Sandwich
	Chicken Caesar Salad With Dinner Roll	Turkey Pepper Jack Sandwich Wedge	Bean and Cheese Pupusas With Salsa	Tortilla Chips With Queso Blanco	Chicken Caesar Salad With Dinner Roll
Sides	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Mexican Street Corn	Seasonal Fresh Fruit Cool Tropics Slushie 3 Bean Salad Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Side Salad	Seasonal Fresh Fruit Cool Tropics Slushie 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.




Winter 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
Entrées	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
	Sides	Seasonal Fresh Fruit 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Assorted Fruit Cups 100% Apple Juice	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, & Friday**). 

Lunch

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

	Mon	Tue	Wed	Thu	Fri
Entrées	Dominos Pizza  (Pepperoni or Cheese)	Spaghetti Bolognese	Chicken Tenders with Hash Brown & Dinner Roll	Chicken Teriyaki Rice Bowl	Dominos Pizza  (Pepperoni or Cheese)
	Sides	Chicken Alfredo Bowl	Bosco Sticks  with Marinara Sauce	Dominos Pizza  (Pepperoni or Cheese)	Spicy Chicken Sandwich
Chicken Caesar Salad With Dinner Roll		Turkey Pepper Jack Sandwich Wedge	Red Salsa Chicken Tamales w/ Frijoles	Mini Corndogs with Mac & Cheese	Chicken Caesar Salad With Dinner Roll
Seasonal Fresh Fruit Assorted Fruit Cups Side Salad Baby Carrots	Seasonal Fresh Fruit Cool Tropics Slushie Spicy Lime Cucumber Rounds Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Side Salad	Seasonal Fresh Fruit Cool Tropics Slushie Spicy Lime Cucumber Rounds Baby Carrots	Seasonal Fresh Fruit 100% Orange Juice Mexican Street Corn Celery Sticks	

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