


# July-September 2022 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 Plate	Chorizo & Egg Burrito	Sausage, Egg & Cheese English Muffin Breakfast Sandwich	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	Seasonal Fresh Fruit 100% Orange Juice

**Daily Breakfast Options:** Assorted Muffins & Assorted Cereal. (Hot 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)	Pork & Cheese Burrito	Dominos Pizza  (Pepperoni or Cheese)	BBQ Chicken with Corn and Roll	Dominos Pizza  (Pepperoni or Cheese)
Sides	Classic Cheeseburger	Chicken Teriyaki Rice Bowl	Spaghetti & Meat sauce	Chicken Sandwich	Classic Cheeseburger
	Chicken Caesar Crunch Wrap	Turkey Pepper Jack Sandwich Wedge	Nashville Hot Tenders w/ French Fries & Cornbread Poppers	Bean and Cheese Pupusas With Salsa	Chicken Caesar Salad w/ Dinner Roll
	Vegan Hummus Wrap 	Vegan Teriyaki Chickpeas w/Rice 	Vegan Burrito 	Vegan Tamale 	Vegan Taco Salad w/ Tortilla Chips 
	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Mexican Street Corn	Seasonal Fresh Fruit Cool Tropics Slushie Side Salad Spicy Lemon Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Seasoned Beans	Seasonal Fresh Fruit Cool Tropics Slushie Cheesy Broccoli Spicy Lemon 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

This institution is an equal opportunity provider.






# July-September 2022 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
<b>Entrées</b>	Turkey Sausage Breakfast Pizza	Sausage, Egg & Cheese English Muffin Breakfast Sandwich	Chorizo & Egg Burrito	Big Breakfast Plate	Egg, & Cheese Breakfast Burrito
<b>Sides</b>	Seasonal Fresh Fruit 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Assorted Fruit Cups 100% Apple Juice	Seasonal Fresh Fruit Assorted Fruit Cups	Seasonal Fresh Fruit 100% Orange Juice


**Daily Breakfast Options:** Assorted Muffins & Assorted Cereal. (Hot 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
<b>Entrées</b>	Dominos Pizza  (Pepperoni or Cheese)	Classic Cheeseburger	Dominos Pizza  (Pepperoni or Cheese)	BBQ Chicken with Corn and Roll	Dominos Pizza  (Pepperoni or Cheese)
<b>Sides</b>	Chicken Alfredo Bowl	Pretzel Chicken Dipper Box	Nashville Hot Chicken Sandwich	Chicken Sandwich	Classic Cheeseburger
	Mediterranean Chicken Wrap	Caesar Salad with Dinner Roll	California Burrito	Crispy Chicken Wrap	Turkey & Cheese Sandwich
	Mediterranean Falafel Wrap 	Pretzel Hummus Dipper Box 	Vegan California Burrito 	Vegan Tamale 	Vegan Taco Salad w/ Tortilla Chips 
	Seasonal Fresh Fruit Assorted Fruit Cups Side Salad Baby Carrots	Seasonal Fresh Fruit Cool Tropics Slushie Spicy Lemon Cucumber Rounds Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Baby Carrots Seasoned Beans	Seasonal Fresh Fruit Cool Tropics Slushie Spicy Lemon Cucumber Rounds Baby Carrots	Seasonal Fresh Fruit Assorted Fruit Cups Mexican Street Corn Celery Sticks

 = Vegetarian

 = Vegan

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