

October 21st – 25th
 November 4th - 8th
 November 18th – 22nd
 December 9th – 13th

Oct—Dec 2024 Middle & High School Sweetwater Nutrition Menu Week 1

Seasonal fresh
 fruit served
 daily!

Breakfast






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

	Mon	Tue	Wed	Thu	Fri
Entrées	Egg and Cheese Tamale	Chorizo & Egg Burrito	Fruit & Yogurt Parfait w/ WG Granola	Chorizo & Egg Burrito	Ham & Cheese Croissant
Sides	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice


Daily Breakfast Options: Assorted WG Muffins, WG Bagels with cream cheese, WG Waffles & assorted WG Cereal w/ Yogurt.
 Hot vegetarian or vegan items available upon request.

Lunch

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

	Mon	Tue	Wed	Thu	Fri
Entrées	Spicy Chicken Sandwich On WG Bun	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Buffalo Chicken Wings w/ WG Option	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Bosco Sticks 
Sides	Pork Carnitas Burrito	Chicken Alfredo Bowl	Cheeseburger	California Burrito w/ Ground Beef	Buffalo Smack n' Cheese
	Chicken Caesar Salad w/ WG Option	Nashville Hot Wrap w/ Ranch	Ham & Cheese Sandwich	Beef Hotdog	Fruit & Yogurt Parfait w/ Granola 
	Vegan Tamale w/ WG Masa 	Vegan Pretzel Dipper Box 	Vegan Tamale w/ WG Masa 	Vegan Burrito Rice Bowl 	Vegan Taco Salad w/ WG Chips 
Sides	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Side Salad Mexican Corn	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Hummus	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Cheesy Broccoli Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Baby Carrots

 = Vegetarian

 = Vegan

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

This institution is an equal opportunity provider.




October 14th – 18th
 October 28th – November 1st
 November 12th – 15th
 December 2nd – 6th
 December 16th – 20th

Oct—Dec 2024 Middle & High School Sweetwater Nutrition Menu Week 2

Seasonal fresh fruit
 served
 daily!

Breakfast

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







	Mon	Tue	Wed	Thu	Fri
Sides Entrées	Sausage, Egg & Cheese on WG English Muffin	Chorizo & Egg Burrito	Fruit & Yogurt Parfait with WG Granola 	Chorizo & Egg Burrito	Ham & Cheese Croissant
	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice	Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice

Daily Breakfast Options: Assorted WG Muffins, WG Bagels with cream cheese, WG Waffles & assorted WG Cereal w/ Yogurt.

Hot vegetarian or vegan items available upon request.


Lunch

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

	Mon	Tue	Wed	Thu	Fri
Sides Entrées	Nashville Hot Tenders w/ French Fries & WG Option	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Wing Wednesday Chicken Wings w/ WG Option	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Cheeseburger
	Bean & Cheese Pupusa	Spaghetti w/ Meat Sauce	Spicy Chicken Sandwich	Teriyaki Chicken Rice Bowl	Buffalo Chicken Cheesy Toast
	Ham & Cheese Sandwich	Crisp Burger Salad w/WG Option	Chicken Caesar Salad w/ WG Option*	Chef Salad w/WG option	Fruit & Yogurt Parfait w/ Granola 
	Vegan Falafel Wrap w/ WG Tortilla 	Vegan Fiesta Burrito 	Falafel Rice Bowl 	Vegan Tofu Teriyaki 	Vegan Tamale w/ WG Masa 
	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Hummus Baby Carrots	Seasonal Fresh Fruit Cool Tropics Slushie Assorted Fruit Cups Spicy Lime Cucumber Rounds Side Salad	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Celery Sticks Baby Carrots	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumber Rounds Asian Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Baby Carrots

 = Vegetarian

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 = vegan

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