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				

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

= Vegan

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

	Mon	Tue	Wed	Thu	Fri
es S	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 (veg)
Entré	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 (veg)
	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
	veg = Vegetarian **Ple	ase see the Site Supervisor to	request a specific allerger	free menu**	V/FFTAV/ATFF

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
es Entrées	Sausage, Egg & Cheese on WG English Muffin	Chorizo & Egg Burrito	Fruit & Yogurt Parfait with WG Granola	Chorizo & Egg Burrito	Ham & Cheese Croissant
Side	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

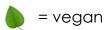
Daily Breakfast Options: Assorted WG Muffins, WG Bagels with cream cheese, WG Waffles & assorted WG Cereal w/ Yogurt.

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
es	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
Entrée	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 ஞ
S	Vegan Falafel Wrap w/ WG Tortilla	Vegan Fiesta Burrito	Falafel Rice Bowl 🜘	Vegan Tofu Teriyaki 📗	Vegan Tamale w/ WG Masa
Sides	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

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



= Vegetarian

