

# Oct-Dec 2024 Middle & High School Sweetwater Nutrition Menu Week 1 **DAIRY FREE**

Seasonal fresh  
fruit served  
daily!

## Breakfast

*Breakfast includes an entrée, fruit. No milk.*

	Mon	Tue	Wed	Thu	Fri
Entrées	Chicken Tamale	Peanut Butter & Jelly Sandwich	Chicken Tamale	Peanut Butter & Jelly Sandwich	Chicken Tamale
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:** No muffins, waffles, yogurt or bagels w/ cream cheese. Cereal , Conchas, Bagel #4383121 is okay to serve.  
Hot vegetarian or vegan items available upon request.

## Lunch

*Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no ranch).*



	Mon	Tue	Wed	Thu	Fri
Entrées	Spicy Chicken Sandwich On WG Bun  Pork Carnitas Burrito **no cheese**  Chicken Caesar Salad **no cheese, no Caesar dressing. Can use Apple vinaigrette or cilantro lemon** Vegan Tamale	Nashville Hot Wrap **no Ranch**  Vegan Pretzel Dipper Box	Buffalo Chicken Wings w/ WG Option **no Garlic Knot**  Hamburger **no cheese**  Ham Sandwich **no cheese**  Vegan Tamale	California Burrito w/ Ground Beef **no cheese**  Vegan Burrito Rice Bowl	Chicken Tamale  Vegan Taco Salad w/ Tortilla chips
Sides	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Hummus	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Side Salad (no ranch)	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots

= Vegetarian

= Vegan

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

This institution is an equal opportunity provider.




# Oct-Dec 2024 Middle & High School Sweetwater Nutrition Menu Week 2 **DAIRY FREE**

Seasonal fresh fruit  
served  
daily!

## Breakfast

*Breakfast includes an entrée, fruit. No milk.*






	Mon	Tue	Wed	Thu	Fri
<b>Sides Entrées</b>	Sausage on Egg/Onion Bagel	Peanut Butter & Jelly Sandwich	Chicken Tamale 	Sausage on Egg/Onion Bagel	Peanut Butter & Jelly Sandwich
	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:** No muffins, waffles, yogurt or bagels w/ cream cheese. Cereal, Conchas, Bagel #4383121 is okay.

Hot vegetarian or vegan items available upon request.


## Lunch

*Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no ranch).*

	Mon	Tue	Wed	Thu	Fri
<b>Sides Entrées</b>	Nashville Hot Tenders w/ French Fries & Roll	Spaghetti w/ Meat Sauce <b>**no cheese**</b>	Chicken Wings w/ WG Option <b>**no garlic knot**</b>	Teriyaki Chicken Rice Bowl	Hamburger <b>**no cheese**</b>
	Ham Sandwich <b>**No cheese**</b>	Burger Bliss Salad w/ WG Option* <b>**no cheese**</b>	Spicy Chicken Sandwich	Vegan Tofu Teriyaki Rice Bowl 	Vegan Tamale w/ WG Masa 
<b>Sides</b>	Vegan Falafel Wrap 	Vegan Fiesta Burrito 	Chicken Caesar Salad <b>**no cheese or Caesar dressing. Use Cilantro lemon or apple vinaigrette**</b>	Falafel Rice Bowl 	
	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 (no ranch)	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 Baby Carrots

 = Vegetarian

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 = vegan

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