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				

<u>Daily Breakfast Options</u>: 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).

veg

	Mon	Tue	Wed	Thu	Fri
	Spicy Chicken Sandwich On WG Bun		Buffalo Chicken Wings w/ WG Option		
Entrées	Pork Carnitas Burrito **no cheese**	Nashville Hot Wrap **no Ranch**	**no Garlic Knot** Hamburger **no cheese**	California Burrito w/ Ground Beef **no cheese**	Chicken Tamale
_	Chicken Caesar Salad **no cheese, no Caesar dressing. Can use Apple vinaigrette or cilantro lemon**	Vegan Pretzel Dipper Box	Ham Sandwich **no cheese**	Vegan Burrito Rice Bowl	Vegan Taco Salad w/ Tortilla chips
S	Vegan Tamale		Vegan Tamale		
Side	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 **Please see the Site Supervisor to request a specific allergen free menu*



SWEETWATER UNION HIGH SCHOOL DISTRICT

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.

Sides Entrées

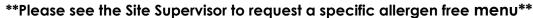
Mon	Tue	Wed	Thu	Fri
Sausage on Egg/Onion Bagel	Peanut Butter & Jelly Sandwich	Chicken Tamale	Sausage on Egg/Onion Bagel	Peanut Butter & Jelly Sandwich
Seasonal Fresh Fruit Assorted Fruit Cups 100% Orange Juice				

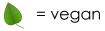
Daily Breakfast Options: No muffins, waffles, yogurt or bagels w/ cream cheese. Cereal, Conchas, Bagel #4383121 is okay.

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
rées	Nashville Hot Tenders w/ French Fries & Roll	Spaghetti w/ Meat Sauce **no cheese**	Chicken Wings w/ WG Option **no garlic knot**	Teriyaki Chicken Rice	Hamburger
Entré	Ham Sandwich **No cheese** Vegan Falafel Wrap	Burger Bliss Salad w/ WG Option* **no cheese** Vegan Fiesta Burrito	Spicy Chicken Sandwich Chicken Caesar Salad **no cheese or Caesar dressing. Use Cilantro lemon or apple vinaigrette**	Bowl Vegan Tofu Teriyaki Rice Bowl 🌘	**no cheese** Vegan Tamale w/ WG Masa
S			Falafel Rice Bowl		
Side	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

