

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

Seasonal fresh
fruit served
daily!

Breakfast

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

	Mon	Tue	Wed	Thu	Fri
Entrées	Chicken Tamale	Peanut Butter & Jelly Sandwich	Fruit & Yogurt Parfait w/ WG Granola	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: 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 Pork Carnitas Burrito Chicken Caesar Salad w/ WG Option **No Caesar dressing, use Cilantro Lemon or French dressing**	Domino's Pizza (Pepperoni or Cheese on WG Crust) Chicken Alfredo Bowl Nashville Hot Wrap **no ranch** Vegan Pretzel Dipper Box	Buffalo Chicken Wings w/ WG Option (no garlic knot) Cheeseburger Ham & Cheese Sandwich Vegan Tamale	Domino's Pizza (Pepperoni or Cheese on WG Crust) California Burrito w/ Ground Beef Beef Hotdog Vegan Burrito Rice Bowl	Bosco Sticks Fruit & Yogurt Parfait w/ Granola Vegan Taco Salad
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.




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

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 & Cheese on WG English Muffin **no egg**	Chicken Tamale	Fruit & Yogurt Parfait with WG Granola 	Sausage & Cheese on WG English Muffin **no egg**	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/conchas, waffles. Assorted WG Cereal w/ Yogurt & #4383121 bagels are ok (no egg bagel)


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. No ranch/mayo*

	Mon	Tue	Wed	Thu	Fri
Sides Entrées	Nashville Hot Tenders w/ French Fries & Roll (no garlic knot) Bean & Cheese Pupusa Ham & Cheese Sandwich Vegan Falafel Wrap 	Domino's Pizza (Pepperoni or Cheese on WG Crust) Spaghetti w/ Meat Sauce Crisp Burger Bliss Salad w/ WG Option Vegan Fiesta Burrito 	Chicken Wing Wednesday w/ WG Option* **no garlic knot** Spicy Chicken Sandwich Chicken Caesar Salad w/ WG Option* **no Caesar, use Cilantro Lemon or French dressing** Falafel Rice Bowl 	Domino's Pizza (Pepperoni or Cheese on WG Crust) Teriyaki Chicken Rice Bowl Chef Salad & WG Option **No Egg, No Ranch use Cilantro Lemon or French dressing Vegan Tofu Teriyaki Rice 	Cheeseburger Buffalo Chicken Cheesy Toast Fruit & Yogurt Parfait w/ Granola  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 (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 Mexican Street Corn (no mayo) Baby Carrots

 = Vegetarian

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 = vegan

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