Aug-Sept 2024 Middle & High School Sweetwater Nutrition Menu Week 1 GLUTEN 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	Chorizo & Egg Bowl **No tortilla**	Fruit & Yogurt Parfait **no Sysco granola, optional: serve w/ Rice Chex or Three Little Birds granola**	Chorizo & Egg Bowl **no tortilla**	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

<u>Daily Breakfast Options</u>: No muffins, conchas, bagels or waffles, CT Crunch. Rice Chex & yogurt is okay. Three Little Birds Granola is OK 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	Pork Carnitas Bowl **no tortilla, can serve over rice** Chicken Caesar Salad **no croutons, serve w/ chips**	Bean & Cheese Pupusa Vegan Dipper Box **no Pretzel, serve w/	Buffalo Chicken Wings w/ WG Option (rice or chips) Cheeseburger **wrap in lettuce, no bun**	California Burrito Bowl w/ Ground Beef **no tortilla** Serve with Chips or Rice	Fruit & Yogurt Parfait **no Sysco granola, optional: serve w/ Rice Chex or Three Little Birds granola** Vegan Taco Salad
S	Vegan Tamale	chips**	Vegan Tamale	Vegan Fiesta Rice Bowl	
Side	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Hummus	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Side Salad Mexican Corn	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

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



= Vegetarian

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

Seasonal fresh fruit served daily!

Breakfast

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

ides Entrées

	Mon	Tue	Wed	Thu	Fri
s Enfrees	Sausage, Egg & Cheese Plate **no English muffin**	Chorizo & Egg Bowl **no tortilla**	Fruit & Yogurt Parfait **no Sysco granola, optional: serve w/ Rice Chex or Three Little Birds granola**	Chorizo & Egg Bowl **no tortilla**	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

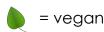
<u>Daily Breakfast Options</u>: No muffins, conchas, waffles, bagels or CT Crunch. Rice Chex w/ yogurt is okay. Three Little Birds Granola is

OK 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
ées	Bean & Cheese Pupusa	Crisp Burger Bliss Salad w/ Chips	Chicken Wings w/ Chips	Chicken & Veggie Rice Bowl **no teriyaki sauce**	Cheeseburger **no bun, wrap in lettuce**
Entrées	Vegan Falafel Bowl **no tortilla, serve over	Vegan Fiesta Burrito Bowl	Chicken Caesar Salad w/ Chips Falafel Rice Bowl	Chef Salad W/Chips **No Croutons**	Fruit & Yogurt Parfait **no Sysco granola, optional: serve w/ Rice Chex or Three Little
S)	rice or over large salad**	**no tortilla, serve over rice or w/ chips**	raidiei Rice Bowi	Vegan Tofu Rice Bowl **no teriyaki sauce**	Birds granola** Vegan Tamale
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	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	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

