

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

Daily Breakfast Options: 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** Vegan Tamale	Bean & Cheese Pupusa Vegan Dipper Box **no Pretzel, serve w/ chips**	Buffalo Chicken Wings w/ WG Option (rice or chips) Cheeseburger **wrap in lettuce, no bun** Vegan Tamale	California Burrito Bowl w/ Ground Beef **no tortilla** Serve with Chips or Rice Vegan Fiesta Rice Bowl	Fruit & Yogurt Parfait **no Sysco granola, optional: serve w/ Rice Chex or Three Little Birds granola** Vegan Taco Salad
Sides	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



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

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