

Oct-Dec 2024 Middle & High School Sweetwater Nutrition Menu Week 1 **NUT 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 Burrito	Fruit & Yogurt Parfait w/ WG Granola	Chorizo & Egg Burrito	Ham & Cheese Croissant
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	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Buffalo Chicken Wings w/ WG Option	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Bosco Sticks
Sides	Pork Carnitas Burrito	Chicken Alfredo Bowl	Cheeseburger on WG Bun	California Burrito w/ Ground Beef	Buffalo Smack n' Cheese
	Chicken Caesar Salad w/ WG Option (no pretzel)	Nashville Hot Wrap w/ Ranch	Ham & Cheese Sandwich	Beef Hotdog	Fruit & Yogurt Parfait w/ Granola
	Vegan Tamale	Vegan Dipper Box **no pretzel**	Vegan Tamale	Vegan Burrito Rice Bowl	Vegan Taco Salad
	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 **NUT 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 on Bagel **no English muffin**	Chorizo & Egg Burrito	Fruit & Yogurt Parfait with WG Granola veg	Chorizo & Egg Burrito	Ham & Cheese Croissant
	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). Assorted condiments offered daily.

	Mon	Tue	Wed	Thu	Fri
Sides Entrées	Nashville Hot Tenders w/ French Fries & Roll	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Chicken Wings w/ WG Option (no pretzel)	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Cheeseburger on WG Bun
	Bean & Cheese Pupusa	Spaghetti w/ Meat Sauce	Spicy Chicken Sandwich	Teriyaki Chicken Rice Bowl	Buffalo Chicken Cheesy Toast
Sides	Ham & Cheese Sandwich	Crisp Burger Salad w/ WG Option (no pretzel)	Chicken Caesar Salad w/ WG Option* (no pretzel)	Chef Salad w/WG option (no pretzel)	Fruit & Yogurt Parfait w/ Granola veg
	Vegan Falafel Wrap	Vegan Fiesta Burrito	Falafel Rice Bowl	Vegan Tofu Teriyaki Rice	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	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 Baby Carrots

veg = Vegetarian

= vegan

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