


Jan 14th-17th
 Jan 27th - 31st
 Feb 10th - 13th
 Feb 24th - 28th
 March 10th - 14th


Jan-Mar 2025 Middle & High School Sweetwater Nutrition Menu Week 1

Seasonal fresh
 fruit served
 daily!

Breakfast

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









	Mon	Tue	Wed	Thu	Fri
Entrées	Egg and Cheese 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	Chicken Alfredo Bowl w/ WG Pasta	Pork Carnitas Burrito	Cheeseburger with onion rings	California Burrito w/ Chicken	Buffalo Smack n' Cheese
	Chicken Caesar Salad w/ WG Option	Nashville Hot Wrap w/ Ranch	Ham & Cheese Sandwich	Beef Hotdog with Tater Tots	Fish Sticks with Tater Tots & Garlic Knot
	Vegan Tamale w/ WG Masa 	Vegan Falafel, Pretzel, & Hummus Dipper Box 	Vegan Tamale w/ WG Masa 	Vegan Fiesta Bowl 	Vegan Taco Salad w/ WG Chips 
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.




Jan - Mar 2025 Middle & High School Sweetwater Nutrition Menu Week 2

Seasonal fresh fruit
 served
 daily!

Breakfast

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

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Sausage, Egg & Cheese on WG English Muffin	Chorizo & Egg Burrito	Fruit & Yogurt Parfait with WG Granola 	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.


Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Nashville Hot Tenders w/ French Fries & WG Option	Domino's Pizza (Pepperoni or Cheese on WG Crust) 	Wing Wednesday Chicken Wings w/ WG Option	Domino's Pizza (Pepperoni or Cheese on WG Crust) 	Cheeseburger with onion rings
Buffalo Chicken Cheesy Toast	Bean & Cheese Burrito 	Spicy Chicken Sandwich	Teriyaki Chicken Rice Bowl	Bean & Cheese Pupusa 
Fruit & Yogurt Parfait w/ Granola 	Chef Salad w/WG Option	Chicken Caesar Salad w/ WG Option	Mashed Potato Bowl w/ Chicken Smackers	Fruit & Yogurt Parfait w/ Granola 
Vegan Falafel Wrap w/ WG Tortilla 	Vegan Fiesta Burrito 	Vegan Falafel Rice Bowl 	Vegan Tofu Teriyaki 	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

 = Vegetarian

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

 = vegan

This institution is an equal opportunity provider.