



SBEC/WAIS Breakfast Menu 2019-2020

Breakfast Prices

- Students (Full Price) \$0.75
- Students (Reduced Price) \$0.30
- Students (2nd Breakfast) \$1.95
- Adult & Staff Breakfast \$2.10

Weekly Options

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey Sausage Breakfast Pizza or Breakfast Pastry Bar or <i>Choice of Cereal or Pop Tarts</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Choice of Fruit</p> <p>1% White Milk OR Nonfat Milk</p>	<p>Sausage Eggs & Waffle Platter or Cinnamon Burst Bread or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Choice of Fruit</p> <p>1% White Milk OR Nonfat Milk</p>	<p>Cinnamon Glazed Pancakes w/Tator Tots or Chicken & Beef Kolache w/Tator Tots or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Fresh Orange or Diced Pears</p> <p>1% White Milk OR Nonfat Milk</p>	<p>Sausage & Cheese Breakfast Sandwich or Cinnamon Burst Bread or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Fresh Banana or Mixed Fruit</p> <p>1% White Milk OR Nonfat Milk</p>	<p>Glazed WG Donut or French Toast Sticks or <i>Choice of Cereal or Yogurt and Graham Crackers</i></p> <p>Apple OR Grape OR Orange Juice</p> <p>Fresh Orange or Sliced Peaches</p> <p>1% White Milk OR Nonfat Milk</p>

NO ITEMS CONTAIN PORK
Menus are subject to change

2019

- 8/15 School Year Begins - Students
- 9/2 Holiday Students and Staff
- 10/11 Holiday Students only
- 10/14 Holiday Students and Staff
- 11/25-11/29 Holiday Students and Staff
- 12/23-12/31 Holiday Students and Staff

2020

- 1/1-1/3 Holiday Students and Staff
- 1/6 Holiday Students only
- 1/20 Holiday Students and Staff
- 2/17 Holiday Students only
- 3/16-3/20 Holiday Students and Staff
- 4/10-4/13 Holiday Students and Staff
- 5/25 Holiday Students and Staff
- 5/28 School Year Ends - Students



SBEC/WAIS Lunch Menu 2019-2020

Lunch Prices

*Students (Full Price) \$2.25 *Students (Reduced Price) \$0.40 *Students (2nd Lunch) \$3.50 *Adult & Staff Lunch \$3.75

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Mighty Mini Meal OR Chicken Tender Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Baby Carrots and Roasted Zucchini</p> <p>1% White Milk or Chocolate Milk</p>	<p>Chicken Tenders OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Fajita Chicken Salad</p> <p>Choice of Fruit</p> <p>Lettuce Stack and Steamed Green Beans</p> <p>1% White Milk or White Whole Milk</p>	<p>Lasagna OR Popcorn Chicken Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt w/granola</p> <p>Choice of Fruit</p> <p>Steamed Corn and Parmesan Broccoli</p> <p>1% White Milk or White Whole Milk</p>	<p>Crispitos w/cheese OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Bacon Chicken Ranch Salad</p> <p>Choice of Fruit</p> <p>Peas & Carrots and Veggie Dipper</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken Biscuit w/cheese OR Mini Corn Dogs Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Sweet Potato Waffle Fries and Baked Beans</p> <p>1% White Milk or White Whole Milk</p>
Week 2	<p>Chicken Tenders OR Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Baby Carrots and Curly Fries</p> <p>1% White Milk or White Whole Milk</p>	<p>Beef Nachos OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Fajita Chicken Salad</p> <p>Choice of Fruit</p> <p>Black Beans and Street Corn</p> <p>1% White Milk or White Whole Milk</p>	<p>Teriyaki Chicken w/rice & Eggroll or Popcorn Chicken Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt w/granola</p> <p>Choice of Fruit</p> <p>Sugar Snap Peas and Roasted Broccoli</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken Alfredo Pasta OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Bacon Chicken Ranch Salad</p> <p>Choice of Fruit</p> <p>Peas & Carrots and Veggie Dipper</p> <p>1% White Milk or White Whole Milk</p>	<p>Chili Cheese Hotdog OR Mini Corn Dogs Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Sweet Potato Waffle Fries and Baked Beans</p> <p>1% White Milk or White Whole Milk</p>
Week 3	<p>Oven Baked Chicken OR Chicken Tender Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Mashed Potatoes or/and Curly Fries or/and Baby Carrots</p> <p>1% White Milk or White Whole Milk</p>	<p>Frito Pie OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Fajita Chicken Salad</p> <p>Choice of Fruit</p> <p>Peas & Carrots and Steamed Corn</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken & Waffles OR Popcorn Chicken Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt w/granola</p> <p>Choice of Fruit</p> <p>Sweet Potato Waffle Fries and Veggie Dipper</p> <p>1% White Milk or White Whole Milk</p>	<p>Spicy Boneless Wings w/roll OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Bacon Chicken Ranch Salad</p> <p>Choice of Fruit</p> <p>Roasted Vegetables and Steamed Carrots</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken Fried Steak Sandwich OR Mini Corn Dogs Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Baked Beans and Tator Tots</p> <p>1% White Milk or White Whole Milk</p>

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2019

8/15 School Year Begins - Students

- 9/2 Holiday Students and Staff
- 10/14 Holiday Students and Staff
- 12/23-12/31 Holiday Students and Staff

- 10/11 Holiday Students only
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August 2019						
Sun	Mon	Tue	We	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
September 2019						
Sun	Mon	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
October 2019						
Sun	Mon	Tue	We	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
November 2019						
Sun	Mon	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
December 2019						
Sun	Mon	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Mighty Mini Meal OR Chicken Tender Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Baby Carrots and Roasted Zucchini</p> <p>1% White Milk or Chocolate Milk</p>	<p>Chicken Tenders OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Fajita Chicken Salad</p> <p>Choice of Fruit</p> <p>Lettuce Stack and Steamed Green Beans</p> <p>1% White Milk or White Whole Milk</p>	<p>Lasagna OR Popcorn Chicken Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt w/granola</p> <p>Choice of Fruit</p> <p>Steamed Corn and Parmesan Broccoli</p> <p>1% White Milk or White</p>	<p>Crispitos w/cheese OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Bacon Chicken Ranch Salad</p> <p>Choice of Fruit</p> <p>Peas & Carrots and Veggie Dipper</p> <p>1% White Milk or White</p>	<p>Chicken Biscuit w/cheese OR Mini Corn Dogs Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Sweet Potato Waffle Fries and Baked Beans</p> <p>1% White Milk or White Whole Milk</p>
Week 2	<p>Chicken Tenders OR Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Baby Carrots and Curly Fries</p> <p>1% White Milk or White Whole Milk</p>	<p>Beef Nachos OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Fajita Chicken Salad</p> <p>Choice of Fruit</p> <p>Black Beans and Street Corn</p> <p>1% White Milk or White Whole Milk</p>	<p>Teriyaki Chicken w/rice & Eggroll or Popcorn Chicken Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt w/granola</p> <p>Choice of Fruit</p> <p>Sugar Snap Peas and Roasted Broccoli</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken Alfredo Pasta OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Bacon Chicken Ranch Salad</p> <p>Choice of Fruit</p> <p>Peas & Carrots and Veggie Dipper</p> <p>1% White Milk or White Whole Milk</p>	<p>Chili Cheese Hotdog OR Mini Corn Dogs Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Sweet Potato Waffle Fries and Baked Beans</p> <p>1% White Milk or White Whole Milk</p>
Week 3	<p>Oven Baked Chicken OR Chicken Tender Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Mashed Potatoes or/and Curly Fries or/and Baby Carrots</p> <p>1% White Milk or White Whole Milk</p>	<p>Frito Pie OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Fajita Chicken Salad</p> <p>Choice of Fruit</p> <p>Peas & Carrots and Steamed Corn</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken & Waffles OR Popcorn Chicken Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt w/granola</p> <p>Choice of Fruit</p> <p>Sweet Potato Waffle Fries and Veggie Deeper</p> <p>1% White Milk or White Whole Milk</p>	<p>Spicy Boneless Wings w/roll OR Hamburger or Cheeseburger or Personal Pepperoni Pizza or Personal Cheese Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Bacon Chicken Ranch Salad</p> <p>Choice of Fruit</p> <p>Roasted Vegetables and Steamed Carrots</p> <p>1% White Milk or White Whole Milk</p>	<p>Chicken Fried Steak Sandwich OR Mini Corn Dogs Basket or Four Cheese Pizza or Turkey Pepperoni Pizza or Buffalo Chicken Pizza or Regular Chicken Sandwich or Spicy Chicken Sandwich or Baked Potato or Yogurt Parfait w/granola</p> <p>Choice of Fruit</p> <p>Baked Beans and Tator Tots</p> <p>1% White Milk or White Whole Milk</p>

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2020

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- 1/20 Holiday Students and Staff
- 3/16-3/20 Holiday Students and Staff
- 5/25 Holiday Students and Staff

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- 2/17 Holiday Students only
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- 5/28 School Year Ends - Students

January 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
February 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
March 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
April 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
May 2020						
Sun	Mon	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						