

OROVILLE HIGH & LAS PLUMAS HIGH

August 15th - 19th, August 29th - September 2nd, September 12th-16th, September 26th- 30th, October 10th-14th, October 24th-28th

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Special	French Bread Pizza	Breakfast Sandwich	Biscuits & Gravy	Breakfast Croissant Sandwich	Breakfast Burrito
Daily Breakfast Options	Fruit, Granola & Yogurt Parfaits, Bagels with Cream Cheese or Peanut Butter, PB&J, variety of Cereals and Muffins *Vegetarian and/or Dairy Free Options available upon request*				
	Included with each breakfast: choice of fresh fruit, fruit juice and choice of 1% low fat milk or fat free chocolate milk				
Lunch Specials	Homemade Spaghetti with Roll Chicken & Fries Wrap Large salad	Flatbread Pizza by the Slice Sub Sandwich Large salad	Popcorn Chicken Mashed Potato Bowl Chicken Sandwich Wrap Large salad	Smoked BBQ Pulled Pork sandwich with Coleslaw Pizza by the Slice Sub Sandwich Large salad	Burger & Fries Flatbread Wrap Large salad
Daily Lunch Options	PB&J sandwich, Fruit, Granola & Yogurt Parfaits *Vegetarian and/or Dairy Free Options available upon request*				
	Included with each lunch: choice of fresh fruit, vegetables, vegetable juice, the choice of 1% low fat milk or fat free chocolate milk				
Variations of wraps	Chicken, Bacon, Jalapeno Popper...Buffalo Chicken...Southwestern...Chicken, Bacon & Ranch...Spicy Chicken...Cordon Bleu ...Oriental Chicken...Italian				
Variations of sub sandwich	Italian...Turkey, Bacon & Swiss...Tuna...Egg Salad...Turkey & Swiss...Ham & Cheddar				
Variations of salads	Chicken Caesar ...Southwestern Chicken ...Taco...Chef ...Club ...Italian ...Oriental				
Variations of flatbreads	Chipotle Chicken ...BBQ Pulled Pork...Basil Pesto Aioli & Chicken ...Green Chili & Chicken				

MENU IS SUBJECT TO CHANGE WITHOUT WARNING

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

OROVILLE HIGH & LAS PLUMAS HIGH

August 22nd - 26th, September 5th- 9th, September 19th-23rd, October 3rd-7th, October 17th-21st, October 31st-November 4th

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Special	French Bread Pizza	Breakfast Sandwich	Biscuits & Gravy	Breakfast Croissant Sandwich	Breakfast Burrito
Daily Breakfast Options	Fruit, Granola & Yogurt Parfaits, Bagels with Cream Cheese or Peanut Butter, PB&J, variety of Cereals and Muffins *Vegetarian and/or Dairy Free Options available upon request* Included with each breakfast: choice of fresh fruit, fruit juice and choice of 1% low fat milk or fat free chocolate milk				
Lunch Specials	Chicken Alfredo Bowl with Roll Wrap Large salad *Nacho Bar at PHS*	Big Beef (or Chicken) Burrito Pizza by the Slice Sub Sandwich Large salad	Oriental Chicken Bowl with Rice Chicken Sandwich Wrap Totchos or Chili Fries Large salad	Smoked BBQ Pulled Pork sandwich with Coleslaw Pizza by the Slice Sub Sandwich Large salad	Cheeseburger & Fries Flatbread Wrap Large salad
Daily Lunch Options	PB&J sandwich, Fruit, Granola & Yogurt Parfaits *Vegetarian and/or Dairy Free Options available upon request* Included with each lunch: choice of fresh fruit, vegetables, vegetable juice, the choice of 1% low fat milk or fat free chocolate milk				
Variations of wraps	Chicken Bacon Jalapeno Popper...Buffalo Chicken...Southwestern...Chicken, Bacon & Ranch...Spicy Chicken...Cordon Bleu ...Oriental Chicken...Italian				
Variations of sub sandwich	Italian...Turkey, Bacon & Swiss...Tuna...Egg Salad...Turkey & Swiss...Ham & Cheddar				
Variations of salads	Chicken Caesar ...Southwestern Chicken ...Taco...Chef ...Club ...Italian ...Oriental				

**Variations of
flatbreads**

Chipotle Chicken ...BBQ Pulled Pork...Basil Pesto Aioli & Chicken ...Green Chili & Chicken

Prospect High School

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Special	French Bread Pizza	Breakfast Sandwich	Biscuits & Gravy	Breakfast Croissant Sandwich	Breakfast Burrito
Daily Breakfast Options	Fruit, Granola & Yogurt Parfaits, Variety of Cereals and Muffins *Vegetarian and/or Dairy Free Options available upon request* Included with each breakfast: choice of fresh fruit, fruit juice and choice of 1% low fat milk or fat free chocolate milk				
Lunch Specials					
Week 1	Pasta Bowl	Pulled Pork	Popcorn Chicken	Chicken Sandwich	Burger & Fries
Week 2	Wrap	Pizza	Mashed Potato Bowl	Wedge Sandwich	PB&J
	Nacho Bar	Salad	Sub	Chicken Sandwich	Burger & Fries
	Wedge Sandwich	Burrito	Oriental Chicken	Wrap	PB&J
		Salad	Bowl		
			Sub		
Daily Lunch Options	PB&J sandwich *Vegetarian and/or Dairy Free Options available upon request* Included with each lunch: choice of fresh fruit, vegetables, vegetable juice, the choice of 1% low fat milk or fat free chocolate milk				
Variations of wraps	Chicken, Bacon, Jalapeno Popper...Buffalo Chicken...Southwestern...Chicken, Bacon & Ranch...Spicy Chicken...Cordon Bleu ...Oriental Chicken...Italian				
Variations of sub sandwich	Italian...Turkey, Bacon & Swiss...Tuna...Egg Salad...Turkey & Swiss...Ham & Cheddar				
Variations of salads	Chicken Caesar ...Southwestern Chicken ...Taco...Chef ...Club ...Italian ...Oriental				
Variations of flatbreads	Chipotle Chicken ...BBQ Pulled Pork...Basil Pesto Aioli & Chicken ...Green Chili & Chicken				

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