

April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 1 **EGG 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	Peanut Butter & Jelly Sandwich	Fruit & Yogurt Parfait w/ WG Granola	Peanut Butter & Jelly Sandwich	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, waffles. Assorted WG Cereal w/ Yogurt & #4383121 bagels are ok (no egg bagel)
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 or Korean Chicken Wings w/ WG Option **no Garlic Knot No Chipotle**	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Bosco Sticks
Sides	California Burrito	Chicken Bowl O'Woodles Ramen	Cheeseburger with Onion Rings	Chicken & Mashed Potato Bowl	Fish Sandwich
Sides	Chicken Alfredo Bowl	Chicken Caesar Salad w/ WG Option **No Caesar dressing, use Cilantro Lemon or French dressing**	Deli & Cheese Sandwich	Taco Salad w/Tortilla Chips	Burrito Rice Bowl
Sides	Bean Tamale	Falafel Bistro Box	Chipotle Bean Burger		
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.




April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 2 **EGG 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 & Cheese on WG English Muffin **no egg**	Chicken Tamale	Fruit & Yogurt Parfait with WG Granola 	Sausage & Cheese on WG English Muffin **no egg**	Peanut Butter & Jelly Sandwich
	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. Assorted WG Cereal w/ Yogurt & #4383121 bagels are ok (no egg bagel)


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. No ranch/mayo*

	Mon	Tue	Wed	Thu	Fri
Sides Entrées	Breaded Chicken Plate w/Whole Grain Option (no Garlic Knot) Birria Pupusa Sticky Pork Bowl Falafel Wrap 	Domino's Pizza (Pepperoni or Cheese on WG Crust) Cheeseburger with Onion Rings Deli Sandwich Fiesta Burrito 	Buffalo or Korean Chicken Wings w/ WG Option **no Garlic Knot No Chipotle** Bean, Cheese, & Rice Burrito  Chicken Caesar Salad w/ WG Option* **no Caesar, use Cilantro Lemon or French dressing** Falafel Rice Bowl 	Domino's Pizza (Pepperoni or Cheese on WG Crust) Teriyaki Chicken Rice Bowl Chicken Nuggets & Fries w/WG Option **No Garlic Knot** Tofu Teriyaki Rice Bowl 	Spicy Chicken Sandwich Buffalo Chicken Cheesy Toast Bean 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 (no ranch)	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 (no mayo) Baby Carrots

 = Vegetarian

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 = vegan

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April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 3 **EGG 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	Peanut Butter & Jelly Sandwich	Fruit & Yogurt Parfait w/ WG Granola	Peanut Butter & Jelly Sandwich	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, waffles. Assorted WG Cereal w/ Yogurt & #4383121 bagels are ok (no egg bagel)
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	Spaghetti w/Meat Sauce	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Buffalo or Korean Chicken Wings w/ WG Option **no Garlic Knot No Chipotle**	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Chicken Alfredo Bowl
Sides	Pork Carnitas Burrito	Spicy Chicken Sandwich	Bosco Sticks w/ Marinara Sauce	Pork Torta	Breaded Chicken Plate w/Whole Grain Option (no Garlic Knot)
Sides	Deli Sandwich	Chicken & Mashed Potato Bowl	Cheeseburger with Onion Rings	Bean Tamale	Falafel Wrap
Sides	Chipotle Bean Burger	Taco Salad with Tortilla Chips	Falafel Bistro Box		
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

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