

# April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 1 **GLUTEN 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 Bowl **No tortilla serve w/ chips**	Fruit & Yogurt Parfait **serve w/Rice Chex**	Chorizo & Egg Bowl **no tortilla serve w/ chips**	Chicken Tamale or Ham & Cheese Sandwich on Gluten Free Bun
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, bagels or waffles, CT Crunch. Rice Chex & yogurt is okay.

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	California Burrito Bowl w/ Ground Beef **no tortilla, can serve over rice**	Chicken Caesar Salad **no croutons, serve w/ chips**	Buffalo Chicken Wings w/ WG Option (rice or chips)  Cheeseburger **wrap in lettuce, or with Gluten Free bun**	Chipotle Chicken Burrito Bowl **no tortilla, can serve over rice**	Turkey or Ham & Cheese Sandwich on Gluten Free Bread
Sides	Bean Tamale	Vegan Dipper Box **no Pretzel, serve w/ chips**	Deli Sandwich on Gluten Free Bread  Vegan Tamale	Taco Salad w/Tortilla Chips	Burrito Rice Bowl
	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.



# April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 2 **GLUTEN FREE**

Seasonal fresh fruit  
served daily!

## Breakfast

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

	Mon	Tue	Wed	Thu	Fri
<b>Sides Entrées</b>	Sausage, Egg & Cheese Sandwich on Gluten Free Bun	Chorizo & Egg Bowl **No tortilla serve w/ chips**	Fruit & Yogurt Parfait **Serve with Rice Chex** 	Chorizo & Egg Bowl **No tortilla serve w/ chips**	Chicken Tamale
	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, bagels or CT Crunch. Rice Chex w/ yogurt is okay.

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
<b>Sides Entrées</b>	Birria Pupusa	Cheeseburger **wrap in lettuce, or with Gluten Free bun**	Buffalo **no Korean Sauce**Chicken Wings w/ WG Option (rice or chips)	Chicken & Veggie Rice Bowl **no teriyaki sauce**	Cheeseburger on Gluten Free bun, or wrap in lettuce**
	Falafel Bowl **no tortilla, serve over rice or over large salad** 	Deli Sandwich on Gluten Free Bread	Chicken Caesar Salad **no croutons, serve w/ chips**	Tofu Rice Bowl **no teriyaki sauce** 	Vegan Tamale 
<b>Sides</b>	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	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Baby Carrots

= Vegetarian

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= vegan

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# April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 3 **GLUTEN 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 Bowl **No tortilla serve w/ chips**	Fruit & Yogurt Parfait **serve w/Rice Chex**	Chorizo & Egg Bowl **No tortilla serve w/ chips**	Chicken Tamale or Ham & Cheese Sandwich on Gluten Free Bun
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, bagels or waffles, CT Crunch. Rice Chex & yogurt is okay.

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	Deli Sandwich on Gluten Free Bread	Cheeseburger **wrap in lettuce, or with Gluten Free Bun	Chipotle (no Korean Sauce) Chicken Wings w/ WG Option (rice or chips)  Cheeseburger **wrap in lettuce, or with Gluten Free Bun	Deli Sandwich on Gluten Free Bread	Cheeseburger **wrap in lettuce, or with Gluten Free Bun
Sides	Bean Tamale	Taco Salad w/Tortilla Chips	Falafel Bowl **no tortilla, serve over rice or over large salad**	Bean Tamale	Vegan Falafel Rice bowl
	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

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