

April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 1 **DAIRY FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

	Mon	Tue	Wed	Thu	Fri
Entrées	Chicken Tamale	Sausage on Egg/ Onion Bagel	Peanut Butter & Jelly Sandwich	Sausage on Egg/ Onion Bagel	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, waffles, yogurt or bagels w/ cream cheese. Cereal, WG Conchas, Bagel #4383121 is okay to serve.
Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no ranch).



	Mon	Tue	Wed	Thu	Fri
Entrées	Spicy Chicken Sandwich On WG Bun California Burrito **no cheese**	Chicken Tamale with Beans Chicken Caesar Salad **no cheese, no Caesar dressing. (only croutons1296445)**	Buffalo or Korean Chicken Wings w/ WG Option **no Garlic Knot No Chipotle** Hamburger **no cheese, No Onion Rings**	Tyson Spicy Chicken #2498453 Sandwich on WG Bun	Hamburger **no cheese, No Onion Rings**
Sides	Bean Tamale	Pretzel Dipper Box	Deli Sandwich **no cheese** Chipotle Bean Burger	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 (no ranch) Lime Cucumbers	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie 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 **DAIRY FREE**

Seasonal fresh fruit
served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

	Mon	Tue	Wed	Thu	Fri
Entrées	Chicken Tamale	Sausage on Egg/Onion Bagel	Peanut Butter & Jelly Sandwich	Sausage on Egg/Onion Bagel	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, waffles, yogurt or bagels w/ cream cheese. Cereal, Conchas, Bagel #4383121 is okay.

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no ranch).

Entrées

Sides

	Mon	Tue	Wed	Thu	Fri
Entrées	Sticky Pork Bowl	Hamburger **no Cheese, no Onion Rings Deli Sandwich **no cheese**	Buffalo or Korean Chicken Wings w/ WG Option **no Garlic Knot No Chipotle** Chicken Caesar Salad **no cheese or Caesar dress-ing. Use Cilantro lemon or apple vinaigrette(only croutons1296445)**	Teriyaki Chicken Noodle Bowl Tofu Teriyaki Rice Bowl	Tyson Spicy Chicken #2498453 Sandwich on WG Bun Bean Tamale w/ WG Masa
Sides	Falafel Wrap	Fiesta Burrito	Falafel Rice Bowl		
	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	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots

= Vegetarian

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= vegan

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April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 3 **DAIRY FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

	Mon	Tue	Wed	Thu	Fri
Entrées	Chicken Tamale	Sausage on Egg/ Onion Bagel	Peanut Butter & Jelly Sandwich	Sausage on Egg/ Onion Bagel	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, waffles, yogurt or bagels w/ cream cheese. Cereal , Conchas, Bagel #4383121 is okay to serve.
Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no ranch).



	Mon	Tue	Wed	Thu	Fri
Entrées	Spaghetti Bolognese **No Cheese** Carnitas Pork Burrito**No Cheese Deli Sandwich **No cheese** Chipotle Bean Burger	Tyson Spicy Chicken #2498453 Sandwich on WG Bun Taco Salad w/ Tortilla chips	Buffalo or Korean Chicken Wings w/ WG Option **no Garlic Knot No Chipotle** Hamburger **No Cheese, No Onion Rings** Falafel Bistro Box	Tyson Spicy Chicken #2498453 Sandwich on WG Bun Bean Tamale	Hamburger **No Cheese, No Onion Rings** Falafel Wrap
Sides	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Hummus	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Side Salad (no ranch) Spicy Lime Cucumber	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumber Rounds	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots

= Vegetarian

= Vegan

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