

April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 1 **NUT 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	Tornado	Chorizo & Egg Burrito	Ham & Cheese Croissant	Breakfast Burrito	Breakfast Pizza
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: Assorted WG Muffins, WG Bagels with cream cheese, WG Waffles & assorted WG Cereal w/ Yogurt.

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 Chicken Wings w/ WG Option **no pretzel**	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Bosco Sticks
	Chicken Alfredo Bowl	Chicken Bowl O'Woodles Ramen	Cheeseburger w/ Onion Rings	Chicken Chipotle Burrito	Buffalo Smack n' Cheese
	California Burrito	Chicken Caesar Salad w/ WG Option (no pretzel)	Deli Sandwich	Chicken & Mashed Potato Bowl (no pretzel)	Fish Sandwich
	Bean Tamale	Falafel Bistro Box **no pretzel**	Chipotle Bean Burger	Taco Salad w/Torilla Chips	Burrito Rice Bowl
Sides	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 **NUT 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	Chicken Tamale	Chorizo & Egg Burrito	Breakfast Burrito	Breakfast Sandwich Sausage, Egg & Cheese	Ham & Cheese Croissant
	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: Assorted WG Muffins, WG Bagels with cream cheese, WG Waffles & assorted WG Cereal w/ Yogurt.

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
Sides Entrées	Breaded Chicken Leg w/WG Option**No Pretzel**	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Korean Wings w/ WG Op- tion (no pretzel)	Domino's Pizza (Pepperoni or Cheese on WG Crust)	Spicy Chicken Sandwich
	Birria Pupusa	Cheeseburger w/ Onion Rings	Bean, Cheese, & Rice Burrito	Teriyaki Chicken Rice Bowl	Buffalo Chicken Cheesy Toast
Sides	Sticky Pork Bowl	Deli Sandwich	Chicken Caesar Salad w/ WG Option* (no pretzel)	Chicken Nuggets & Fries w/WG Option **No Pretzel**	Fruit & Yogurt Parfait
	Falafel Wrap 	Fiesta Burrito 	Falafel Rice Bowl 	Tofu Teriyaki Noodle Bowl 	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	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 Baby Carrots

 = Vegetarian

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 = vegan

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April-June 2026 Middle & High School Sweetwater Nutrition Menu Week 3 **NUT 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	Ham & Cheese Croissant	Chorizo & Egg Burrito	Breakfast Pizza	Tornado	English Muffin Sausage, Egg & Cheese
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: Assorted WG Muffins, WG Bagels with cream cheese, WG Waffles & assorted WG Cereal w/ Yogurt.

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 Bolognese Pork Carnitas Burrito Deli Sandwich Chiptole Burger	Domino's Pizza (Pepperoni or Cheese on WG Crust) Spicy Chicken Sandwich Chicken & Mashed Potato Bowl w/WG Option**No Pretzel** Taco Salad w/Tortilla Chips	Chipotle Wings w/WG Option (No Pretzel) Bosco Sticks Cheeseburger w/Onion Rings Falafel Bistro Box **no pretzel**	Domino's Pizza (Pepperoni or Cheese on WG Crust) Peruvian Chicken Rice Plate Pork Torta Bean Tamale	Chicken Alfredo Breaded Chicken Leg w/WG Option**No Pretzel** 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 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

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