



NUTRITION
SERVICES



HIGH SCHOOL MENU

WEEK 3

MON

OFFERED DAILY BREAKFAST

- Fresh Fruit
- 100% Fruit Juice
- Low Fat White Milk
- Nonfat Chocolate Milk
- Assorted Cereal

TUE

OFFERED DAILY LUNCH

- Fresh Fruit
- 100% Fruit Juice
- Vegetables
- Low Fat White Milk
- Nonfat Chocolate Milk

WED

30

THU

FRI

WEEK 4

BREAKFAST 5
PAN DULCE
MAPLE WAFFLE

LUNCH
TAMAL
POPCORN CHICKEN BOX
HOUSEMADE PB&J

BREAKFAST 6
COWGIRL BREAD
YOGURT PARFAIT

LUNCH
SPICY CHICKEN SANDWICH
SPICY GARDEN SALAD
BEEF NACHOS

BREAKFAST 7
BREAKFAST TAMAL
SAUSAGE & EGG
SANDWICH

LUNCH
PEPPERONI JALAPENO PIZZA
CHEESE PIZZA
BEAN BURRITO

BREAKFAST 8
MINI PANCAKES
YOGURT PARFAIT

LUNCH
BUFFALO WINGS
SPICY CHICKEN SANDWICH
HOUSEMADE PB&J

BREAKFAST 9
BREAKFAST TAMAL
YOGURT PARFAIT

LUNCH
PUPUSA W/ CURTIDO
SPICY TENDERS & BISCUIT
SPICY GARDEN SALAD

WEEK 1

BREAKFAST 12
PAN DULCE
BREAKFAST TAMAL

LUNCH
CHILE RELLENO BURRITO
BUFFALO WINGS
BEAN BURRITO

BREAKFAST 13
TURKEY SAUSAGE
CROISSANT
FRUIT SMOOTHIE

LUNCH
FRESH GRILLED CHEESE
CHEESE PIZZA
SPICY GARDEN SALAD

BREAKFAST 14
SALCHICHA & EGG
FRUIT SMOOTHIE

LUNCH
CHICKEN CHOW MEIN BOWL
SPICY TENDERS
HOUSEMADE PB&J
FLAMAS DORITOS

BREAKFAST 15
MAPLE WAFFLE
FRUIT SMOOTHIE

LUNCH
TAMAL
BEAN BURRITO
POPCORN CHICKEN BOX

BREAKFAST 16
SAUSAGE & CHEESE
SANDWICH
LEMON BLUEBERRY SCONE

LUNCH
SPICY CHICKEN SANDWICH
SPICY GARDEN SALAD
PEPPERONI JALAPENO PIZZA

WEEK 2

BREAKFAST 19
HAM & CHEESE
CROISSANT
YOGURT PARFAIT

LUNCH
TAMAL
THAI CHILI DUMPLINGS
HOUSEMADE PB&J

BREAKFAST 20
CHILAQUILES ROJOS
YOGURT PARFAIT

LUNCH
POPCORN CHICKEN BOWL
SPICY CHICKEN SANDWICH
SPICY GARDEN SALAD

BREAKFAST 21
BREAKFAST TAMAL
BERRY SCONE

LUNCH
SPAGHETTI & MEATSAUCE
HOUSEMADE PB&J
BREADED DRUMSTICK

BREAKFAST 22
CHORIZO BREAKFAST ROLL
YOGURT PARFAIT

LUNCH
TINGA CHICKEN TACOS
COLD CUT SUB
BEAN BURRITO

BREAKFAST 23
TATER TOT BREAKFAST
BAKE
BREAKFAST TAMAL

LUNCH
STREET DOG
WALKING TACO
SPICY GARDEN SALAD

WEEK 3

BREAKFAST 26
STUFFED HASHBROWN
FRUIT SMOOTHIE

LUNCH
JALAPENO BITES W/
MARINARA
BACON CHICKEN WRAP
BEAN BURRITO

BREAKFAST 27
APPLE STRUDEL BAR
FRUIT SMOOTHIE

LUNCH
LOADED FRIES
POLLO VERDE BURRITO
HOUSEMADE PB&J

BREAKFAST 28
TURKEY & CHEESE MELT
ORANGE PASSION
SCONE

LUNCH
HAMBURGER/CHEESEBURGERS
SPICY CHICKEN SALAD
BEAN BURRITO

BREAKFAST 29
CHILAQUILES VERDES
FRUIT SMOOTHIE

LUNCH
FRENCH BREAD PIZZA
TAMAL
SPICY GARDEN SALAD

BREAKFAST 30
SPICY CHICKEN
BREAKFAST SANDWICH
BREAKFAST TAMALE

LUNCH
SPICY CHICKEN SANDWICH
COLD CUT SUB
HOUSEMADE PB&J



HOMEMADE
ELEMENTS



PLANT
BASED



CONTAINS PORK/
PORK PRODUCTS



SAUSD SUPPORTS
LOCAL
CALIFORNIA
FAMILY FARMS.
SELECT DAYS WILL
FEATURE FARM
FRESH PRODUCE.



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Menu is subject to change without notice. This institute is an equal opportunity provider.