

October 2026 Lake Stevens Cavelero Mid-High School Menu (Grade 8-9)

Daily Lunch Options: All Lunches offered with White or Chocolate Milk, Soy Milk, Juice, Fruit & Veggies, Side Salad w/ Choice of Ranch, Honey Mustard, Italian and Caesar and the Ranch. Gluten Free Bun or Corn Chips available upon request.



Line 3: Daily Pizza & Salad

Offered with Ranch, Honey Mustard, Italian and Caesar 🐟

Pizza by the Slice

DAILY: Cheese or Pepperoni 🐔

MONDAY: Black Olive Pepperoni 🐔

TUESDAY: Jalapeno and Cheese 🌿

WEDNESDAY: Hawaiian 🐔

THURSDAY: Bacon Chicken Ranch 🐔

FRIDAY: Meat Lovers 🐔

Pre-Made Salads

Garden 🌿

Chef's Salad 🐔

Chicken Caesar 🐟 🐔

Chicken Bacon 🐔 🐔

Italian Chop 🐔 🐔

Offered daily: Whole grain roll, Housemade Croutons or Gluten Free Chips offered to all.



Line 5: Daily Deli

Offered with Mayo and Mustard

Bread: Hoagie, Tortilla, Gluten Free Bun

Meat: Turkey, Turkey-Ham 🐔

Cheese: Cheddar, Pepperjack

Condiments: Mayo, Mustard

Veggies: Shredded Lettuce, Spinach, Red Onion, Tomato, Cucumber, Pepperoncini, Olives, Pickles, Sliced Jalepenos

Weekly Deli Specials

MON: Hot Turkey-Ham & Cheese or Chicken Salad 🐔

TUES: Chicken Caesar 🐔 🐟

WED: Pulled Pork 🐔

THUR: Chicken Meatball with Marinara and Garlic Toast 🐔

FRI: Buffalo Chicken 🐔 or BBQ Beef Rib-A-Que Sandwich 🐔

Protein Packs: Benefit Bar, Yogurt, Cheese and Fruit

Fresh Berries & Yogurt Parfait w/ Housemade Granola 🌿

Line 2: Rotating Hot Entrees

Offered with condiments

MONDAY: Chicken Tenders with SunChips or Chicken Corn Dog with SunChips 🐔

TUESDAY: Fruit and Yogurt Parfait or Cheesy Pull Apart with Tomato Bisque 🌿

or Chicken Noodle , 🐔 Chicken Enchilada Soup 🐔

WEDNESDAY: Housemade Mac n' Cheese with Garlic Toast 🌿 or Pepperoni French Bread Pizza 🐔

THURSDAY: Pepperoni and Cheese Calzone or Specialty Pasta w/ Garlic Toast 🐔

FRIDAY: Popcorn Chicken, Spicy Nuggets, or Regular Nuggets served w/ Sunchips 🐔

Line 4: Rotating Burger Bar

Offered with Ketchup, Mustard, Mayo, Ranch, Honey Mustard, Sriracha, BBQ Sauce, Pickles, Tomato, Lettuce, Onions, Pepperoncini

Daily Offerings: Hamburger, Cheeseburger, Chicken Burger, Spicy Chicken Burger Veggie Burger with Fries (gluten free bun upon request)

TUESDAY- Turkey Bacon Cheese 🐔

THURSDAY- Turkey Bacon Cheese 🐔

Contains Pork 🐔

Contains Beef 🐔

Contains Poultry 🐔

Vegetarian 🌿

Contains Fish 🐟

Meal Pricing Lunch

Free or Reduced: \$0.00

Paid: \$4.00 Adult: \$5.00

Additional Items for Purchase

2nd Portion Pizza: \$2.00

Milk Only: \$0.75

Prices are displayed for additional beverages, snacks and desserts.

Line 1: Hot Entree Custom Bars

MONDAY- Fusion Bar: Crispy Orange or General Tso Chicken 🐔
Offered with Brown Rice or Fried Rice

TUESDAY- Fiesta Bar: Beef & Cheese Nachos 🐔

WEDNESDAY- Fusion Bar: Crispy Orange Chicken 🐔
Offered with Brown Rice, Fried Rice, or Chow Mein

THURSDAY- Fiesta Bar: Beef & Cheese Nachos, Street Corn 🐔

FRIDAY- Fusion Bar*: Crispy Orange or General Tso Chicken 🐔
Offered with Brown Rice or Fried Rice

Fusion Bar: Toppings- Teriyaki, Orange, General Tso, Sweet n Sour, Sweet Chili, or Sriracha Sauce, Cilantro, Green Onion, Fortune Cookies

Fiesta Bar: Toppings- Jalapenos, Diced Tomatoes, Pico De Gallo, Diced Onion, Cilantro, Olives, Salsa, Sour Cream, Bean & Corn Mix

Menu is subject to change. This institution is an equal opportunity provider.

Breakfast
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October 2026 Cavelero Breakfast Menu



DAILY BREAKFAST OPTIONS

Cereal, Variety of Breakfast Bars & Breakfast Breads,
and Bagel with Cream Cheese 🌿

MONDAY

Cinnamon Roll Bageler 🌿
or
Diced Ham, Cheese & Egg Bowl 🐷
or
Egg and Cheese Bowl 🌿

TUESDAY

Yogurt Parfait or Dutch Waffle 🌿

WEDNESDAY

Egg and Cheese Breakfast Sandwich 🌿
or
Pork Sausage, Egg and Cheese Breakfast Sandwich 🐷

THURSDAY

French Toast Sticks 🌿

FRIDAY

Donut Day 🌿

Breakfast served
with Fruit, Juice,
Milk and Soy Milk

Meal Pricing

Breakfast

Free or Reduced: \$0.00

Paid: \$2.25

Adult: \$3.00

Additional Items for Purchase

Extra Entree/Seconds: \$2.00

Milk Only: \$0.75

Contains Pork



Contains Beef



Contains Poultry



Vegetarian



Contains Fish

