

October-December 2026 Middle & High School Sweetwater Nutrition Menu LTO **FISH FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit and milk (1% white or non-fat chocolate).

Sides Entrées

Mon	Tue	Wed	Thu	Fri
	Chorizo and Egg Burrito 🍳	Ham and Cheese Croissant 🍳	Chorizo and Egg Burrito 🍳	Breakfast Tornado 🍳
	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

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable and milk (1% white or non-fat chocolate milk). Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Cheeseburger w/ Fries 🍳 Bean Tamale 🌱	Buffalo Wings w/WG Option 🍳 Fruit and Yogurt Farfait w/ WG Granola 🍳 🌱 Falafel Bistro Box 🌱 🍳	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Spicy Chicken Sandwich 🍳 Bean Tamale 🌱	Teriyaki Chicken Rice Bowl 🍳 Bean, Cheese, and Rice Burrito 🌱 Taco Salad w/ Tortilla Chips 🌱 🍳
	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Beans Cheesy Broccoli Cup	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers Side Salad	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Spicy Carrots

🌱 Vegetarian

🌱 Vegan 🍳 Whole Grain

Please see the Site Supervisor to request a specific allergen free menu

This institution is an equal opportunity provider.



October-December 2026 Middle & High School Sweetwater Nutrition Menu Week 1 **FISH FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit and milk (1% white or non-fat chocolate).

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Ham and Cheese Croissant 🍞	Chorizo and Egg Burrito	Yogurt and Fruit Parfait w/ Granola 🍌 🌱	Breakfast Tornado 🍌	Sausage, Egg & Cheese Breakfast Sandwich 🍞
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

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable and milk (1% white or non-fat chocolate milk). Assorted condiments offered daily.

Entrées

Mon	Tue	Wed	Thu	Fri
Spicy Chicken Sandwich 🍞	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍞	Buffalo Wings w/WG Option 🍌	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍞	Bosco Sticks 🍌 🌱
Chicken Caesar Salad **no Caesar dressing**	Chicken Alfredo Bowl 🍌	Cheeseburger w/ Fries 🍌	Pork Adobo 🍌	Garlic Parmesan Chicken Pasta
California Burrito	Fruit & Yogurt Parfait w/WG Granola 🍌 🌱	Turkey and Cheese Sandwich 🍞	Grilled Cheese 🍌 🌱	Pork Carnitas Burrito
Bean Tamale 🌱	Dipper Box 🍌 🌱	Tofu Fried Rice 🌱 🍌	Burrito Rice Bowl 🌱 🍌	Taco Salad w/ Tortilla Chips 🌱 🍌
Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Hummus Baby Carrots	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumbers Side Salad	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Spicy Carrots

Sides

🌱 Vegetarian

🌱 Vegan 🍌 Whole Grain

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October-December 2026 Middle & High School Sweetwater Nutrition Menu Week 2 **FISH FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit and milk (1% white or non-fat chocolate).

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Yogurt and Fruit Parfait w/ Granola 	Chorizo and Egg Burrito	Ham and Cheese Croissant 	Breakfast Burrito	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

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable and milk (1% white or non-fat chocolate milk). Assorted condiments offered daily.

Entrées

Mon	Tue	Wed	Thu	Fri
Breaded Chicken Plate  Birria Pupusa  Fruit & Yogurt Parfait w/WG Granola   Tofu Banh Mi  	Domino's Pizza (Pepperoni or Cheese on WG Crust)  Cheeseburger w/ Fries  Chef Salad w/ WG Option  Fiesta Burrito  	Korean Wings w/WG Option  Chicken Caesar Salad w/ WG Option  **no Caesar dressing** Grilled Cheese   Falafel Rice Bowl  	Domino's Pizza (Pepperoni or Cheese on WG Crust)  Lemon Chicken Rice Bowl   Philly Cheesesteak  Tofu Teriyaki Rice Bowl  	Spicy Chicken Sandwich  Buffalo Chicken Cheesy Toast  Bean, Cheese, and Rice Burrito  Bean Tamale  
Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Hummus Baby Carrots	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumbers Side Salad	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Spicy Carrots

Sides



Vegetarian



Vegan



Whole Grain

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October-December 2026 Middle & High School Sweetwater Nutrition Menu Week 3 **FISH FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit and milk (1% white or non-fat chocolate).

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Sausage, Egg & Cheese Breakfast Sandwich 🍳	Chorizo and Egg Burrito	Breakfast Tornado 🍳	Breakfast Burrito	Hot Honey Chicken Biscuit Breakfast Sandwich 🍳
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

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable and milk (1% white or non-fat chocolate milk). Assorted condiments offered daily.

Entrées

Mon	Tue	Wed	Thu	Fri
Spaghetti Bolognese 🍳 Chicken Caesar Salad w/ WG Option 🍳 **no Caesar dressing** Pork Torta 🍳 Falafel Wrap 🌱🍳	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Spicy Chicken Sandwich 🍳 Buffalo Smack n' Cheese 🍳 Taco Salad w/ Chips 🌱🍳	Chipotle Wings w/WG Option 🍳 Cheesy Toast w/ Marinara 🍳🌱 Beef Bulgogi 🍳 Falafel Bistro Box 🌱🍳	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Chicken Fried Rice 🍳 Sub Sandwich 🍳 Tofu Fried Rice 🌱🍳	Cheeseburger w/ Fries 🍳 Pork Carnitas Burrito Fruit & Yogurt Parfait w/ WG Granola 🍳🌱 Tofu Banh Mi 🌱🍳
Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Hummus Baby Carrots	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumbers Side Salad	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Mexican Street Corn Spicy Carrots

Sides



Vegetarian



Vegan



Whole Grain

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