

October-December 2026 Middle & High School

Sweetwater Nutrition LTO Menu

DAIRY, PEANUT, TREE NUT, WHEAT, EGG, CORN FREE

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana
	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.

Daily Breakfast Options: No muffins, conchas, waffles, CT Crunch, yogurt, bagels w/ cream cheese.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk, ranch, WG sides, tortilla chips. onion rings. Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
	Deli Pinwheels **no cheese, no bread- wrap with lettuce***	Tofu Scramble  **serve over rice***	Shredded Chicken Bowl  **no tortilla, can serve over rice, no cheese & Chipotle sauce- sub buffalo sauce**	Taco Salad  **no corn +chips- serve with rice**
	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Lime Cucumbers Side Salad (no ranch)	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie 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

DAIRY, PEANUT, TREE NUT, WHEAT, EGG, CORN FREE

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana
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.

Daily Breakfast Options: No muffins, conchas, waffles, CT Crunch, yogurt, bagels w/ cream cheese.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk, ranch, WG sides, tortilla chips. onion rings. Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
California Burrito Bowl w/ Ground Beef  **no tortilla + fries, can serve over rice, no cheese**	Deli Pinwheels **no cheese, no bread-wrap with lettuce**	Tofu Scramble  **serve over rice**	Shredded Chicken Bowl  **no tortilla, can serve over rice, no cheese & Chipotle sauce- sub buffalo sauce**	Taco Salad   **no corn + chips- serve with rice**
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 (no ranch)	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

 Vegetarian

 Vegan  Whole Grain

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October-December 2026 Middle & High School

Sweetwater Nutrition Menu Week 2

Seasonal fresh
fruit served
daily!

DAIRY, PEANUT, TREE NUT, WHEAT, EGG, CORN FREE

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana
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.

Daily Breakfast Options: No muffins, conchas, waffles, CT Crunch, yogurt, bagels w/ cream cheese.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk, ranch, WG sides, tortilla chips. onion rings. Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Tofu Scramble 🌱 **serve over rice**	Chef Salad 🌱 **no grains + croutons, serve w/ rice, no cheese and Ranch- use cilantro lemon**	Chicken Caesar Salad 🌱 **no grain, chips, or croutons, no cheese, or Caesar dressing- use cilantro lemon**	Tofu Scramble 🌱 **serve over rice**	Deli Pinwheels **no cheese, no bread- wrap with lettuce**
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 (no ranch)	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

🌱 Vegetarian

🌱 Vegan 🌾 Whole Grain

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October-December 2026 Middle & High School

Sweetwater Nutrition Menu Week 3

Seasonal fresh
fruit served
daily!

DAIRY, PEANUT, TREE NUT, WHEAT, EGG, CORN FREE

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana	Fresh Fruit Bowl w/ Three Birds Granola	Oatmeal w/ Three Birds Granola + Banana
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.

Daily Breakfast Options: No muffins, conchas, waffles, CT Crunch, yogurt, bagels w/ cream cheese.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk, ranch, WG sides, tortilla chips. onion rings. Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Chicken Caesar Salad 🌱 **no grain, chips, or croutons, no cheese, or Caesar dressing- use cilantro lemon**	Taco Salad 🌱 🌾 **no corn + chips- serve with rice**	Tofu Scramble 🌱 **serve over rice***	Deli Pinwheels **no cheese, no bread-wrap with lettuce***	Tofu Scramble 🌱 **serve over rice***
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 (no ranch)	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Baby Carrots Celery Sticks	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Cucumbers	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

🌱 Vegetarian

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