

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

Seasonal fresh
fruit served
daily!

Breakfast

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

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Chicken Tamale 🍌	Peanut Butter and Jelly Sandwich 🍌🌿	Chicken Tamale 🍌	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 nonfat chocolate milk). Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Spaghetti Bolognese 🍌	Domino's Pizza (Cheese on WG Crust) 🍌	Chipotle Wings w/WG Option 🍌	Domino's Pizza (Cheese on WG Crust) 🍌	Cheeseburger w/ Fries 🍌
Chicken Caesar Salad w/ WG Option 🍌	Spicy Chicken Sandwich 🍌	Cheesy Toast w/ Marinara 🍌🌿	Chicken Fried Rice 🍌	Fruit & Yogurt Parfait w/ WG Granola 🍌🌿
Falafel Wrap 🌿🍌	Buffalo Smack n' Cheese 🍌	Beef Bulgogi 🍌	Sub Sandwich **no ham** 🍌	Tofu Banh Mi 🌿🍌
	Taco Salad 🌿🍌	Falafel Bistro Box 🌿🍌	Tofu Fried 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	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

🌿 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 LTO **DAIRY FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
	Sausage & Egg on Bagel 	Peanut Butter and Jelly Sandwich  	Sausage & Egg on Bagel 	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

Daily Breakfast Options: No muffins, waffles, yogurt or cream cheese.

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no Ranch, Garlic Knot, Onion Rings + CA Baking products.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
	Hamburger w/ Fries  **no cheese & onion rings, No CA Baking bun-use Sysco #1563701* **	Buffalo Wings w/ WG Option  **no Garlic Knot & No Chipotle**	Spicy Chicken Sandwich on WG Bun  **No CA Baking bun-use Sysco #1563701**	Chicken Teriyaki Rice Bowl 
	Bean Tamale  	Falafel Bistro Box  	Bean Tamale  	Taco Salad w/ Tortilla Chips  
	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Beans	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 (no Ranch dressing)	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 1 **DAIRY FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Chicken Tamale 🌱	Sausage & Egg on Bagel 🌱	Peanut Butter and Jelly Sandwich 🌱 🌱	Sausage & Egg on Bagel 🌱	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

Daily Breakfast Options: No muffins, waffles, yogurt or cream cheese.

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no Ranch, Garlic Knot, Onion Rings + CA Baking products.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Spicy Chicken Sandwich on WG Bun 🌱 **No CA Baking bun- use Sysco #1563701** Chicken Caesar Salad 🌱 **no cheese, no Caesar dressing -use cilantro lemon or apple vinaigrette, no Garlic Knot & Sweet Crackers ** (only croutons #1296445) California Burrito **no cheese** Bean Tamale 🌱 🌱	Chicken Tamale w/ Beans 🌱 Pretzel Dipper Box 🌱 🌱	Buffalo Wings w/ WG Option 🌱 **no Garlic Knot & No Chipotle** Hamburger w/ Fries 🌱 **no cheese & onion rings, No CA Baking bun- use Sysco #1563701* ** Turkey & Cheese Sandwich 🌱 **no cheese, No CA Baking bun- use Sysco #6239911** Tofu Fried Rice 🌱 🌱	Pork Adobo 🌱 Burrito Rice Bowl 🌱 🌱	Pork Carnitas Burrito 🌱 **no cheese** 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 (no Ranch dressing)	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 **DAIRY FREE**

Seasonal fresh
fruit served
daily!

Breakfast

Breakfast includes an entrée, fruit. No milk.

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Chicken Tamale 	Sausage & Egg on Bagel 	Peanut Butter and Jelly Sandwich  	Sausage & Egg on Bagel 	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

Daily Breakfast Options: No muffins, waffles, yogurt or cream cheese.

Hot vegetarian or vegan items available upon request.

Lunch

Lunch includes an entrée, fruit, vegetable. No milk. Assorted condiments offered daily. (no Ranch, Garlic Knot, Onion Rings + CA Baking products.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Breaded Chicken Plate w/ WG Option  **no mashed potatoes and gravy- use corn, no Garlic Knot or Sweet Crackers** Tofu Banh Mi  	Hamburger w/ Fries  **no cheese & onion rings, No CA Baking bun- use Sysco #1563701** Chef Salad w/ WG Option  **no Ranch, cheese, Garlic Knot, CA Baking roll #293121, Sweet Crackers** Fiesta Burrito 	Korean Wings w/ WG Option  **no Garlic Knot** Chicken Caesar Salad  **no cheese, no Caesar dressing -use cilantro lemon or apple vinaigrette, no Garlic Knot & Sweet Crackers ** (only croutons #1296445) Falafel Rice Bowl  	Lemon Chicken Rice Bowl  Tofu Teriyaki Rice Bowl  	Spicy Chicken Sandwich on WG Bun  **No CA Baking bun- use Sysco #1563701** 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 (no Ranch dressing)	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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