

October-December 2026 Middle & High School Sweetwater Nutrition LTO Menu **NUT 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
	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 nonfat chocolate milk). Assorted condiments offered daily.
No pretzel + croutons.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🌾	Buffalo Wings w/WG Option 🌾 **no pretzel**	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🌾	Teriyaki Chicken Rice Bowl 🌾
	Cheeseburger w/ Fries 🌾	Fruit and Yogurt Farfait w/ WG Granola 🌾 🌿	Spicy Chicken Sandwich 🌾	Bean, Cheese, and Rice Burrito 🌿
	Bean Tamale 🌿	Falafel Bistro Box 🌿 🌾 **no pretzel**	Bean Tamale 🌿	Taco Salad 🌿 🌾 **no tortilla chips- #2458570 & 9550658 okay**
	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 **NUT 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
Ham and Cheese Croissant 🍞	Chorizo and Egg Burrito	Yogurt and Fruit Parfait w/ Granola 🍞	Breakfast Tornado 🍞	Sausage, Egg & Cheese on Biscuit #2173393 or Bagel 🍞
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.
No pretzel + croutons.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Spicy Chicken Sandwich 🍞 Chicken Caesar Salad 🍞 **no pretzel & croutons** California Burrito Bean Tamale 🌱	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍞 Chicken Alfredo Bowl 🍞 Fruit & Yogurt Parfait w/WG Granola 🍞 🌱 Dipper Box 🌱 **no pretzel**	Buffalo Wings w/WG Option 🍞 **no pretzel** Cheeseburger w/ Fries 🍞 Turkey and Cheese Sandwich 🍞 Tofu Fried Rice 🌱	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍞 Pork Adobo 🍞 Grilled Cheese 🍞 🌱 Burrito Rice Bowl 🌱	Bosco Sticks w/ Marinara 🍞 🌱 Garlic Parmesan Chicken Pasta 🍞 Carnitas Burrito 🍞 🌱 Taco Salad 🌱 **no tortilla chips- #2458570 & 9550658 okay**
Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Hummus Baby Carrots	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

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October-December 2026 Middle & High School Sweetwater Nutrition Menu Week 2 **NUT 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
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 nonfat chocolate milk). Assorted condiments offered daily. No pretzel.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Breaded Chicken Plate 🍌 **no pretzel**	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍌	Korean Wings w/WG Option 🍌 **no pretzel**	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍌	Spicy Chicken Sandwich 🍌
Birria Pupusa 🍌	Cheeseburger w/ Fries 🍌	Chicken Caesar Salad 🍌 **no pretzel & croutons**	Lemon Chicken Rice Bowl 🍌	Buffalo Chicken Cheesy Toast 🍌
Fruit & Yogurt Parfait w/WG Granola 🍌 🥬	Chef Salad w/ WG Option 🍌 **no pretzel & croutons**	Grilled Cheese 🥬 🍌	Philly Cheesesteak 🍌	Bean, Cheese, and Rice Burrito 🥬
Tofu Banh Mi 🥬 🍌	Fiesta Burrito 🥬 🍌	Falafel Rice Bowl 🥬 🍌	Tofu Teriyaki Rice Bowl 🥬 🍌	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

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

Seasonal fresh
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Breakfast

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

Sides Entrées

Mon	Tue	Wed	Thu	Fri
Sausage, Egg & Cheese on Biscuit #2173393 or Bagel 🍳	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 nonfat chocolate milk). Assorted condiments offered daily.

Entrées

Sides

Mon	Tue	Wed	Thu	Fri
Spaghetti Bolognese 🍳 Chicken Caesar Salad 🍳 **no pretzel & croutons** Pork Torta 🍳 Falafel Wrap 🌱 🍳	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Spicy Chicken Sandwich 🍳 Buffalo Smack n' Cheese 🍳 Taco Salad 🌱 🍳 **no tortilla chips- #2458570 & 9550658 okay**	Chipotle Wings w/WG Option 🍳 **no pretzel** Cheesy Toast w/ Marinara 🍳 🌱 Beef Bulgogi 🍳 Falafel Bistro Box 🌱 🍳 **no pretzel**	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

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