

October - December 2026 Middle & High School

Sweetwater Nutrition LTO Menu **EGG 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  	Yogurt and Fruit Parfait w/ Granola  	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/conchas, waffles.

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 Ranch, mayo, CA Baking products, Garlic Knot + Sweet Crackers)

Entrées

Mon	Tue	Wed	Thu	Fri
	Domino's Pizza (Pepperoni or Cheese on WG Crust)  Cheeseburger w/ Fries  **No CA Baking bun-use Sysco #1563701** Bean Tamale 	Buffalo Wings w/WG Option  **no Garlic Knot, no Chipotle sauce** Yogurt and Fruit Parfait w/ Granola   Falafel Bistro Box  	Domino's Pizza (Pepperoni or Cheese on WG Crust)  Spicy Chicken Sandwich on WG Bun  **No CA Baking bun-use Sysco #1563701** Bean Tamale 	Chicken Teriyaki Rice Bowl  Bean, Cheese, and Rice Burrito  Taco Salad w/ Chips  
	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 Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

Sides

 Vegetarian

 Vegan  Whole Grain

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

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October - December 2026 Middle & High School

Sweetwater Nutrition Menu Week 1 **EGG 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
Sausage and Cheese on #2173393 or Bagel 🍞	Chicken Tamale 🍞	Yogurt and Fruit Parfait w/ Granola 🍞 🥬	Chicken Tamale 🍞	Sausage & Cheese Breakfast Sandwich 🍞 **no egg**
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/conchas, waffles.

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 Ranch, mayo, CA Baking products, Garlic Knot + Sweet Crackers)

Entrées

Mon	Tue	Wed	Thu	Fri
Spicy Chicken Sandwich on WG Bun 🍞 **No CA Baking bun- use Sysco #1563701** Chicken Caesar Salad w/ WG Option 🍞 **no Caesar dressing- use Cilantro Lemon dressing** California Burrito Bean Tamale 🥬	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍞 Chicken Alfredo Bowl 🍞 Fruit & Yogurt Parfait w/WG Granola 🍞 Dipper Box 🥬 🍞	Buffalo Wings w/WG Option 🍞 **no Garlic Knot, no Chipotle sauce** Cheeseburger w/ Fries 🍞 **No CA Baking bun- use Sysco #1563701** Turkey & Cheese Sandwich 🍞 **No CA Baking bread- use Sysco #6239911** Tofu Fried Rice 🥬 🍞	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍞 Pork Adobo 🍞 Grilled Cheese 🍞 🥬 **No CA Baking bread- use Sysco #6239911** Burrito Rice Bowl 🥬 🍞	Bosco Sticks w/ Marinara 🍞 🥬 Pork Carnitas Burrito Garlic Parmesan Chicken Pasta 🍞 Taco Salad w/ 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 Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

Sides

🥬 Vegetarian

🥬 Vegan 🍞 Whole Grain

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October - December 2026 Middle & High School

Sweetwater Nutrition Menu Week 2 **EGG 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 	Sausage and Cheese on #2173393 or Bagel 	Yogurt and Fruit Parfait w/ Granola  	Sausage and Cheese on #2173393 or 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/conchas, waffles.

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 Ranch, mayo, CA Baking products, Garlic Knot + Sweet Crackers)

Entrées

	Tue	Wed	Thu	Fri
Breaded Chicken Plate w/ WG Option  **no Garlic Knot**	Domino's Pizza (Pepperoni or Cheese on WG Crust)  Cheeseburger w/ Fries  **No CA Baking bun-use Sysco #1563701**	Buffalo or Korean Wings w/WG Option  **no Garlic Knot, no Chipotle Sauce**	Domino's Pizza (Pepperoni or Cheese on WG Crust) 	Spicy Chicken Sandwich on WG Bun  **No CA Baking bun-use Sysco #1563701**
Birria Pupusa 	Chef Salad  **no ranch, sub Cilantro Lemon**	Chicken Caesar Salad w/ WG Option  **no Caesar dressing-use Cilantro Lemon dressing**	Philly Cheesesteak 	Buffalo Chicken Cheesy Toast 
Fruit & Yogurt Parfait w/ WG Granola  	Bean, Cheese, and Rice Burrito 	Grilled Cheese   **No CA Baking bread-use Sysco #6239911**	Tofu Teriyaki Rice Bowl 	Bean Tamale 
Tofu Banh Mi 	Fiesta Burrito 	Falafel Rice Bowl 		
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 Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

Sides

 Vegetarian

 Vegan  Whole Grain

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October - December 2026 Middle & High School

Sweetwater Nutrition Menu Week 3 **EGG 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
Sausage & Cheese Breakfast Sandwich 🍳 **no egg**	Chicken Tamale 🍳	Yogurt and Fruit Parfait w/ Granola 🍳 🌱	Chicken Tamale 🍳	Sausage and Cheese on #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

Daily Breakfast Options: No muffins/conchas, waffles.

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 Ranch, mayo, CA Baking products, Garlic Knot + Sweet Crackers)

Entrées

	Tue	Wed	Thu	Fri
Spaghetti Bolognese 🍳 Chicken Caesar Salad w/ WG Option 🍳 **no Caesar dressing-use Cilantro Lemon dressing** Pork Torta 🍳 **No CA Baking bun- use Sysco #6239911** Falafel Wrap 🌱 🍳	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Spicy Chicken Sandwich on WG Bun 🍳 **No CA Baking bun- use Sysco #1563701** Taco Salad w/ Chips 🌱 🍳	Buffalo or Korean Wings w/WG Option 🍳 **no Garlic Knot, no Chipotle Sauce** Cheesy Toast w/ Marinara 🍳 🌱 Beef Bulgogi 🍳 Falafel Bistro Box 🌱 🍳	Domino's Pizza (Pepperoni or Cheese on WG Crust) 🍳 Chicken Fried Rice 🍳 **no egg** Sub Sandwich 🍳 **no cheese- No CA Baking bun- use Sysco #6239911** Tofu Fried Rice 🌱 🍳	Cheeseburger w/ Fries 🍳 **No CA Baking bun- use Sysco #1563701** 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 (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 Cheesy Broccoli	Seasonal Fresh Fruit Assorted Fruit Cups Cool Tropics Slushie Spicy Carrots

Sides

🌱 Vegetarian

🌱 Vegan 🍳 Whole Grain

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