

PUSD HIGH SHOOOL LUNCH MENU OCTOBER 2026

	MON	TUE	WED	THU	FRI
9/28-10/2 10/19-10/23	Pepperoni Calzone Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Broccoli, Potato Wedges, Shredded Romaine & Sliced Tomatoes BBQ Baked Beans, Side salad Fruit Slushie Seasonal Fresh Fruit	Teriyaki Chicken and Brown Rice Bowl Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Edamame, Baby carrots, Shredded Romaine & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	Hot Wings & Cheese Mac Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Baby Carrots, Shredded Romaine & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	Crunchy Beef Tacos Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Shredded Romaine & Sliced Tomatoes, Pico De Gallo, Sweet Corn, Side salad. Seasonal Fresh Fruit	Fish Tacos & Lemon Wedge Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Cucumbers, Coleslaw, Shredded Romaine & Sliced Tomatoes, Side Salad, Lemon Wedge. Fruit Slushie Seasonal Fresh Fruit
10/5-10/9 10/26-10/30	Meatballs w/ Pasta & Marinara Sauce Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Potato Wedges, Shredded Romaine & Sliced Tomatoes, Side salad Fruit Slushie Seasonal Fresh Fruit	Mandarin Orange Chicken and Brown Rice Bowl Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Edamame, Baby carrots, Shredded Romaine & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	Hot Wings & Cheese Mac Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Baby Carrots, Shredded Romaine & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	Carnitas Soft Shell Tacos & Salsa Verde Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Shredded Romaine & Sliced Tomatoes, Pico De Gallo, Sweet Corn, Side salad. Seasonal Fresh Fruit	Fish Sticks & Tartar Sauce served with Tortilla Chips & Pico De Gallo Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Cucumbers, Cherry Tomatoes, Shredded Romaine & Sliced Tomatoes, Side Salad Fruit Slushie Seasonal Fresh Fruit
10/12-10/15	Chili Cheese Fries & Cornbread Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Potato Wedges, Shredded Romaine & Sliced Tomatoes, Side salad Fruit Slushie Seasonal Fresh Fruit	Sweet & Sour Chicken over Yakisoba Noodles Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Edamame, Baby carrots, Shredded Romaine & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	Chicken Drumstick with Mashed Potatoes & Roll Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Baby Carrots, Shredded Romaine & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	Walking Taco Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Shredded Romaine & Sliced Tomatoes, Pico De Gallo, Sweet Corn, Side salad Seasonal Fresh Fruit	Fish Sandwich on Corn Dusted Bun with Tartar Sauce Hamburger/Cheeseburger/ Veggie Burger Italian Sub Sandwich Spicy or Crispy Chicken Sandwich Taco Salad/Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit & Yogurt Parfait Fruit & Veggies: Cucumbers, Cherry Tomatoes, Shredded Romaine & Sliced Tomatoes, Side Salad Fruit Slushie Seasonal Fresh Fruit

This Institution is an equal opportunity provider. Menu Subject to Change
Meals are FREE for ALL PUSD Students. Adult Meal \$4.75

A variety of milk is offered daily including Fat Free, and Low Fat 1%.The milk offer does not contain GMO ingredients and is hormone-free. A variety of locally sourced fruits and vegetables offered daily. Each student must select a fruit and/or vegetable as part of a complete meal.