PUSD HIGH SCHOOL LUNCH MENU NOVEMBER 2026-JANUARY 2027

	MON	TUE	WED	THU	FRI
Nov 9–13 Dec 7–11 Jan 11–15	**Hot Dog** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Steamed Broccoli, Potato Wedges, Lettuce & Sliced Tomatoes, Side Salad Seasonal Fresh Fruit	**Lemon Chicken and Brown Rice Bowl** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Edamame, Baby carrots, Lettuce & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	**BBQ Chicken Sandwich on a Corn Dusted Kaiser Bun** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Sliced Pickles, Lettuce & Sliced Tomatoes, Side salad, Baby Carrots Seasonal Fresh Fruit	**Beef Tostada Bowl with Spanish Rice** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Baby Carrots, Shredded Romaine, Lettuce & Sliced Tomatoes, Pico De Gallo, Sweet Corn, Side salad Frozen Fruit Cup Seasonal Fresh Fruit	**Chicken Alfredo Penne with Garlic Bread** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Cucumbers, Lettuce & Sliced Tomatoes Tomatoes, Side Salad,. Seasonal Fresh Fruit
Nov 16–20 Dec 14–18 Jan 19–22	**Hot Wings & Cheesy Mac** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Steamed Broccoli, Lettuce & Sliced Tomatoes, Side Salad Seasonal Fresh Fruit	**Sweet & Sour Chicken Over Chow Mein Noodles** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Edamame, Baby carrots, Lettuce & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	**Chili Bowl with Tortilla Rounds** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Sweet Corn, Sliced Cucumber, Lettuce & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	**Fish Tacos & Salsa Verde** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Baby Carrots, Shredded Romaine, Lettuce & Sliced Tomatoes, Pico De Gallo, Sweet Corn, Side salad Frozen Fruit Cup Seasonal Fresh Fruit	**Chicken Nugget Country Bowl with Mashed Potatoes, Gravy & Roll** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Cucumbers, Lettuce & Sliced Tomatoes, Side Salad Seasonal Fresh Fruit
Nov 2–6 Nov 30– Dec 4 Jan 4–8 Jan 25–29	**Lasagna & Garlic Bread** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Steamed Broccoli, Cherry Tomatoes, Lettuce & Sliced Tomatoes, Side Salad Seasonal Fresh Fruit	**Mandarin Orange Chicken and Brown Rice Bowl** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Edamame, Baby carrots, Lettuce & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	**Chicken Drumstick with Dinner Roll** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Potato Smiles, Sliced Cucumbers, Lettuce & Sliced Tomatoes, Side salad Seasonal Fresh Fruit	**Carnitas Pork Tacos & Salsa Verde** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggies:** Shredded Cheese, Shredded Romaine, Lettuce & Sliced Tomatoes, Pico De Gallo, Sweet Corn, Side salad Frozen Fruit Cup Seasonal Fresh Fruit	**Meatball Sub with Cheese on a French Roll** Hamburger or Cheeseburger Italian Sub Sandwich Bean & Cheese Burrito Spicy or Crispy Chicken Sandwich Spicy Chicken Garden Salad/Vegetarian Salad with Roll Pizza: BBQ Chicken/ Hawaiian/ Cheese/Pepperoni/Vegetarian Fruit Parfait **Fruit & Veggie:** Sliced Cucumbers, Lettuce & Sliced Tomatoes, Side Salad 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 Whole, Low Fat 1%, and Non-Fat for Lunch. 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.