

SWEETWATER UNION HIGH SCHOOL DISTRICT

2012-2013

MIDDLE SCHOOL

LUNCH MENU

MAIN ITEMS (Each serving counts for "two or three food items")				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Mole with Refried Beans *	Bean & Cheese Burrito	Fruit Salad with Cottage Cheese	Cheese Calzone	Pepperoni Pizza
Fish Sandwich on Whole Wheat Bun	Seafood Cocktail with Crackers	BBQ Chicken with Cobbette	Chicken Meatball Submarine Sandwich	Baja Fish Tacos
Chicken Spring Roll	Chicken Alfredo Pasta Bowl	Fish Sandwich on Whole Wheat	Chicken Teriaki Bowl	Spaghetti with Meatballs Bowl*
Fruit Yogurt with Gram Crackers	Pepperoni Pizza	Spicy Chicken Sandwich on Whole Wheat Bun	Hoagie 3 Meat Sandwich	Spicy Chicken Sandwich on Whole Wheat Bun
Spicy Chicken Sandwich on Whole Wheat Bun	Chicken Ceasar Salad w/Croutons*	General Tso Meatballs with Garden Vegetables	Chicken Curry Rice Bowl	Fruit Yogurt with Gram Crackers
		FRUIT & VEGETABLE ITEMS (Each serving counts for "one food item")		
Assorted Fruit Bowl	Assorted Fruit Bowl	Assorted Fruit Bowl	Assorted Fruit Bowl	Assorted Fruit Bowl
Carrot Sticks with Ranch Dressing	Celery Stix with Ranch Dressing	Cherry Tomatoes with Ranch Dressing	Persian Cucumber with Ranch Dressing	Steamed Zuccuni
Small Garden Salad with Ranch Dressing	Small Garden Salad with Ranch Dressing	Small Garden Salad with Ranch Dressing	Small Garden Salad with Dressing	Small Garden Salad with Ranch Dressing
Sun Dried Cherries	Fruit Cocktail	Sun Dried Cherries	Fruit Cocktail	Sun Dried Cherries
		MILK (Each serving counts for "one food item")		
1% White Milk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk	1% White Milk or Non Fat Chocolate Milk

		EXTRAS		
Mustard, Ketchup, Mayonnaise ,Tartar Sauce	Mustard, Ketchup, Mayonnaise	Mustard, Ketchup, Mayonnaise,Tartar Sauce	Mustard, Ketchup, Mayonnaise	Mustard, Ketchup, Mayonnaise

*Contains 3 Food Items

Revised 6/14/12