



# FOOD SERVICES BRANCH

## Secondary Breakfast and Lunch Menus



A Great Part of Your Day

### BREAKFAST

#### MONDAY

1. Burrito of the Day
2. Assorted Cereal w/Graham Crackers ☺
3. Pizza Bagels ☺
4. Belgian Waffle Sticks w/Sausage
5. Blueberry Muffin w/String Cheese ☺

#### TUESDAY

1. Toasted Cheese Sandwich ☺
2. Cinnamon Roll w/Chicken Fillet
3. Burrito of the Day
4. Pancakes w/Chicken Fillet
5. Biscuit, Hash Brown w/Chicken Fillet

#### WEDNESDAY

1. Burrito of the Day
2. Assorted Cereal w/Graham Crackers ☺
3. Bagel and Cream Cheese ☺
4. French Toast (Original or Cinnamon) w/Sausage
5. Old Fashioned Coffee Cake w/Sausage

#### THURSDAY

1. Ham\*\* and Cheese Sandwich or Breakfast Sandwich
2. Burrito of the Day
3. Cinnamon Roll w/Chicken Fillet
4. Belgian Waffle Sticks w/Sausage
5. Pizza Bagels ☺

#### FRIDAY

1. Blueberry Muffin w/String Cheese ☺
2. Burrito of the Day
3. Toasted Cheese Sandwich ☺
4. Pancakes and Sausage
5. Old Fashioned Coffee Cake w/Sausage

Offered Daily: Non-Fat Milk, 1% Milk, or Non-Fat Chocolate Milk.  
Students are also offered a variety of fruits, vegetables, and juices to make up a complete meal.

### LUNCH

Dates: 10/15, 10/29, 11/12, 11/26, 12/10, 01/02, 01/14, 01/28, 02/11, 02/25, 3/10

#### MONDAY

1. Chef's Salad w/Squaw Roll
2. Turkey Breast & Cheese Sandwich
3. Chicken Teriyaki Bowl
4. Burrito of the Day
5. Nachos ☺
6. Hamburger or Cheeseburger
7. Chicken Patty Sandwich

#### TUESDAY

1. Yogurt Parfait w/Honey Roasted Sunflower Seeds or Hawaiian Roll ☺
2. Chicken Caesar Wrap
3. Beef Teriyaki Bowl
4. BBQ Chicken Fillet Sandwich
5. Corn Dog
6. Hot & Spicy Chicken Tenders w/Whole Wheat Roll
7. Pizza Wedge (Pepperoni or Cheese)

#### WEDNESDAY

1. Garden Salad w/Cheese & Egg and Whole Wheat Roll ☺
2. Tuna Salad Sandwich
3. Tostada Bowl
4. Chili Cheese Baked Potato
5. Beef Tacos
6. Chicken Patty Sandwich
7. Mesquite or Roasted BBQ Chicken w/Whole Wheat Roll

#### THURSDAY

1. Chinese Chicken Salad
2. Veggie Cheese Sandwich ☺
3. Spaghetti w/Meat Sauce & Garlic Cheese Toast
4. Beef Chalupa w/Beans and Rice
5. Super Burger
6. Chicken Tenders w/Whole Wheat Roll
7. Pepperoni Pizza, Individual

#### FRIDAY

1. Classic Chicken Caesar Salad w/Whole Wheat Roll
2. Pastrami & Cheese Sandwich
3. Orange Chicken Bowl
4. Beef Lasagna w/Bread Stick
5. Chicken Patty Sandwich
6. Veggie Burger ☺
7. Wings of Fire w/Cheese Bread

☺ Denotes Vegetarian option (may include dairy and egg products)  
\*\* The Ham we serve is a turkey based meat, it does not contain pork  
Our Sandwiches are made with Whole Wheat Bread

### LUNCH

Dates: 10/22, 11/05, 11/19, 12/03, 12/17, 01/07, 01/21, 02/04, 02/18, 03/03, 03/17

#### MONDAY

1. Chef's Salad w/Hawaiian Roll
2. Ham\*\* and Cheese Sandwich
3. Beef Teriyaki Bowl
4. Beef Nachos
5. Chicken Patty Sandwich
6. Hamburger or Cheeseburger
7. Mac & Cheese ☺

#### TUESDAY

1. Cottage Cheese & Fruit Salad w/Honey Roasted Sunflower Seeds and Bread Stick ☺
2. Chicken Caesar Wrap
3. Kung Pao Chicken Bowl
4. Burrito of the Day
5. Bagel Dog
6. Super Burger
7. Pizza Wedge (Cheese or Pepperoni)

#### WEDNESDAY

1. Classic Chicken Caesar Salad w/Squaw Roll
2. Peanut Butter & Jelly Pocket ☺
3. Chicken Fiesta Bowl
4. Chicken Parmesan w/Whole Wheat Roll
5. Honey BBQ Veggie Rib Sandwich ☺
6. Chicken Patty Sandwich
7. Mesquite or Roasted BBQ Chicken & Whole Wheat Roll

#### THURSDAY

1. Chicken Parmesan Salad w/Whole Wheat Roll
2. Veggie Cheese Sandwich ☺
3. Chicken Teriyaki Bowl
4. Taco Triangles w/Chili Beans & Sour Cream
5. Hot & Spicy Chicken Tenders w/Whole Wheat Roll
6. Popcorn Shrimp w/Cheese Bread
7. Pepperoni Pizza, Individual

#### FRIDAY

1. Yogurt Parfait w/Honey Roasted Sunflower Seeds, and Bread Stick ☺
2. Philly Cheese Steak Sandwich
3. Beef Teriyaki Bowl
4. Fish Taco w/Coleslaw
5. Veggie Burger ☺
6. Chicken Patty Sandwich
7. Wings of Fire w/Cheese Bread

Menu is subject to change.  
This Institution is an equal opportunity provider.  
\* Lunch menu is on a 2 week cycle