

Santa Cruz Valley **Union High School** #840

A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.

BREAKFAST

Student must choose 3 of 4 components, one being 1/2 cup fruit or vegetable

LUNCH

Student must choose 3 of 5 components, one being 1/2 cup fruit or vegetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

HOLIDAY

MUFFIN

FRUIT & JUICE

MILK

MUFFIN/ **CEREAL** FRUIT & JUICE MILK

> PIZZA CORN FRUIT & MILK

BAGELS / **CEREAL** FRUIT & JUICE

> CHICKEN ALFREDO DINNER ROLL GREEN BEANS FRUIT & MILK

QUESADILLA/ MUFFIN FRUIT & JUICE MILK

BACON CHEESEBURGER FRIES FRUIT & MILK

BREAKFAST BAR/

SPICY CHICKEN SANDWICH **FRIES** FRUIT & MILK

YOGURT/ CEREAL FRUIT & JUICE MILK

> PIZZA **BROCCOLI** FRUIT & MILK

BAGELS / **CEREAL** FRUIT & JUICE MILK

ORANGE CHICKEN & RICE MIIXED VEGETABLES FRUIT & MILK CHICKEN TERIYAKI BARBEQUE **BISCUITS & GRAVY/** CEREAL FRUIT & JUICE MILK

> **CHEESEBURGER FRIES** FRUIT & MILK

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YOGURT/ CEREAL FRUIT & JUICE MILK

CORN DOG **FRIES** FRUIT & MILK PANCAKE & EGG/ CEREAL FRUIT & JUICE MILK

CHEESY BEEFY NACHOS PINTO BEANS FRUIT & MILK

FRENCH TOAST/ MUFFIN FRUIT & JUICE MILK

PULLED PORK SANDWICH **FRIFS** FRUIT & MILK

SUPER DONUT/ **CEREAL** FRUIT & JUICE

> CHICKEN TENDERS **BROCCOLI**

FRUIT & MILK

MILK

26

MUFFIN/ CEREAL FRUIT & JUICE MILK

CHILI CHEESE FRIES **CORN BREAD** FRUIT & MILK

BREAKFAST BAR/ CEREAL FRUIT & JUICE MILK

> CHICKEN SOFT TACO **BEANS** FRUIT & MILK

FRENCH TOAST/ MUFFIN FRUIT & JUICE MILK

> HOT DOG **FRIES** FRUIT & MILK

BREAKFAST BURRITO/ FRUIT & JUICE MILK

SPICY CHICKEN SANDWICH **FRIES** FRUIT & MILK

MUFFIN/ CEREAL FRUIT & JUICE MILK

BACON CHEESEBURGER FRIES FRUIT & MILK

POPTARTS/ CEREAL FRUIT & JUICE / MILK

BAKED CHICKEN MASHED POTATOES/GRAVY CORN FRUIT & MILK





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