

- 2024 -

JANUARY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**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 ½ cup fruit or vegetable

LUNCH

Student must choose 3 of 5 components, one being ½ cup fruit or vegetable

1

**WINTER
BREAK**

2

**WINTER
BREAK**

3

**WINTER
BREAK**

4

**WINTER
BREAK**

5

8

MINI CINN BUN /
MUFFIN
FRUIT & JUICE
MILK

SPICY CHICKEN SANDWICH
BAKED FRIES
FRUIT & MILK
BREADED CHICKEN SANDWICH

9

PANCAKE WRAP /
CEREAL
FRUIT & JUICE
MILK

PIZZA
BROCCOLI
FRUIT & MILK
CHEF SALAD

10

EGG CHEESE & SAUSAGE
SANDWICH /
MUFFIN
FRUIT & JUICE
MILK

CHICKEN NUGGETS
DINNER ROLL
BROCCOLI
FRUIT & MILK
CHEF SALAD

11

BREAKFAST
TORNADOS /
MUFFIN
FRUIT & JUICE
MILK

HAM SUB SANDWICH
FRESH VEGETABLES
CHIPS
FRUIT & MILK

12

15

M.L.K. DAY

16

CEREAL / MUFFIN
FRUIT & JUICE
MILK

BACON
CHEESEBURGER
BAKED FRIES
FRUIT & MILK
SPICY CHICKEN SANDWICH

17

FRENCH TOAST /
MUFFIN
FRUIT & JUICE
MILK

SPAGHETTI W/ MEAT SAUCE
DINNER ROLL
GREEN BEANS
FRUIT & MILK
CHEF SALAD

18

BREAKFAST
FLATBREAD /
CEREAL
FRUIT & JUICE
MILK

PIZZA
GREEN BEANS
FRUIT & MILK
CHEF SALAD

19

22

MINI CINN BUN /
MUFFIN
FRUIT & JUICE
MILK

SLOPPY JOE SANDWICH
BAKED FRIES
FRUIT & MILK
BREADED CHICKEN SANDWICH

23

FRENCH TOAST /
CEREAL
FRUIT & JUICE
MILK

CHICKEN TACOS
CORN
FRUIT & MILK
BEAN & CHEESE GORDITAS

24

BISCUITS & GRAVY
/ CEREAL
FRUIT & JUICE
MILK

SUB SANDWICHES
FRESH VEGETABLES
CHIPS
FRUIT & MILK
CHEF SALAD

25

PANCAKE & EGG /
CEREAL
FRUIT & JUICE
MILK

PIZZA
BROCCOLI
FRUIT & MILK
CHEF SALAD

26

29

CEREAL / MUFFIN
FRUIT & JUICE
MILK

BACON
CHEESEBURGER
BAKED FRIES
FRUIT & MILK
SPICY CHICKEN SANDWICH

30

PANCAKES & SAUSAGE/
MUFFIN
FRUIT & JUICE
MILK

BEAN TOSTADAS
CORN
FRUIT & MILK
CHEF SALAD

31

FRUDEL / CEREAL
FRUIT & JUICE
MILK

ORANGE CHICKEN & ASIAN
RICE
MIXED VEGETABLES
FRUIT & MILK
CHICKEN TERIYAKI BARBEQUE