

# High school breakfast menu

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FALL 2019

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Available daily:  
assorted cereal bowls,  
variety of fruit,  
Orange juice, and Milk

SCUSD IS AN EQUAL OPPORTUNITY  
PROVIDER

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MONDAY

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Egg n sausage  
sandwich on toasted  
English muffin

Fresh baked, locally  
produced muffins  
from Fat Cat Bakery

Crispitos

Fruit & yogurt  
parfait with granola

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TUESDAY

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Breakfast pizza

Crispitos

Freshly baked  
cinnamon roll

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WEDNESDAY

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Croissant breakfast  
sandwich

Crispitos

Fresh baked, locally  
produced muffins  
from Fat Cat Bakery

Fruit & yogurt  
parfait with granola

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THURSDAY

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Chicken sausage  
sliders

Crispitos

Freshly baked  
cinnamon roll

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FRIDAY

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New!  
Breakfast Bowl  
Eggs, tots & cheese

Crispitos

Fresh baked, locally  
produced muffins  
from Fat Cat Bakery

Fruit & yogurt  
parfait with granola

# High school

## LUNCH MENU

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FALL 2019

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Offered Daily:  
Condiment bar, fresh fruit  
& veggies, variety of milk  
beverage

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### MONDAY

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Orange chicken with  
chow mein & steamed  
vegetables

Personal pizza:  
cheese or pepperoni

Turkey club wrap

Spicy chicken sandwich  
with crispy tots

Chili cheese nachos

BBQ hamburgers

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### TUESDAY

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Teriyaki chicken with rice &  
steamed vegetables

Bacon cheeseburger  
w/ crispy tots

Wild Mike's cheese or  
pepperoni pizza slice

Chicken Caesar salad

Fruit & yogurt protein box

Chicken Alfredo

Carnitas soft tacos

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### WEDNESDAY

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Spicy chicken sandwich  
with crispy tots

Orange chicken with  
chow mein & steamed  
vegetables

Personal pizza:  
cheese or pepperoni

NEW! Veggie Wrap w/  
hummus

Korean BBQ chicken wrap

Chili cheese nachos

BBQ hamburgers

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### THURSDAY

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Teriyaki chicken with rice &  
steamed vegetables

Bacon cheeseburger  
with crispy tots

Wild Mike's  
cheese or pepperoni pizza  
slice

Chicken Caesar salad

Fruit & yogurt protein box

Chicken Alfredo

Carnitas soft tacos

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### FRIDAY

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*check with your cafeteria for  
dates:*

Hot Wings!

Orange chicken with  
chow mein & steamed  
vegetables

Personal pizza:  
cheese or pepperoni

NEW! Veggie Wrap w/  
hummus

Korean BBQ chicken wrap

Chili cheese nachos

BBQ hamburgers