



Atwater Elementary SD Secondary Menu October 2019

Select your favorite entrée and seasonal fruits & vegetables from the Garden Bar

	Monday	Tuesday	Wednesday	Thursday	Friday
TRADITIONS *Comes with Fries, Wedges or Tator Tots	Week 1 *Chicken Tenders & Biscuit Week 2 *Corn Dog	Week 1 *Philly Steak Sandwich Week 2 *Pulled Pork Sandwich	Week 1 Chicken Teriyaki Bowl Week 2 Beef Teriyaki Bowl	Week 1 Orange Chicken & Rice Week 2 *Chicken Drumstick	Week 1 *Spicy Chicken Chunks & Biscuit Week 2 *Mini Corn Dogs
HONOR ROLL *Comes with Potato Chips	*Spicy Chicken Sandwich	*Cheeseburger	*Crispy Chicken Sandwich	*BBQ Rib Sandwich	*Hot Dog
FIESTA	Enchilada	Nachos	Chicken Taquitos	Nachos	Carnitas Burrito
UPPER CRUST	Hawaiian Pizza Cheese Pizza	Sausage Pizza Cheese Pizza	Cheese or Pepperoni French Bread	Pepperoni Pizza Cheese Pizza	Cheese or Pepperoni French Bread
FAST TAKES *All sandwiches include String Cheese & Chips	Caesar Salad & Breadstick Roasted Turkey Sandwich & String Cheese	Taco Salad w/Tortilla Chips American Combo Sub & String Cheese	Yogurt Parfait Ham & Cheese Sub & String Cheese	Caesar Salad & Breadstick Chicken Nugget Wrap	Buffalo Chicken Salad & Breadstick Turkey Club Sub & String Cheese
We offer a variety of fresh garden A Reimbursable Lunch Includes 1/2 cup of Fruit and/or Vegetable .	Raisins Mixed Fruit Garden Salad Baby Carrots Green Beans Celery Sticks	Raisins Applesauce Caesar Salad Pinto Beans Baby Carrots Green Peas	Raisins Diced Peaches Garden Salad Cherry Tomato Jicama Sticks Garbanzo Beans	Raisins Mixed Fruit Caesar Salad Kidney Beans Cucumber Slices Corn	Raisins Diced Pears Garden Salad Baby Carrots Broccoli Cherry Tomatoes
Breakfast: Includes Fresh Fruit & Milk Assorted Cereals w/Graham Crackers or Sunflower Seeds Served Daily	Belgian Waffle & Sausage Link Bagel & Cream Cheese Mini Cinni Rolls	Egg & Cheese Breakfast Sandwich w/Tator Tots Breakfast Pizza Sliced Bread	Pancakes Breakfast Burrito Muffin & Graham Crackers	Sausage on a Biscuit w/Tator Tots Yogurt Parfait Cinnamon Bun	French Toast Sticks & Sausage Link Ultimate Breakfast Round Benefit Bar



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options

For menu nutritional information and foods containing common food allergens

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