

# Early College High School Cycle 1 & 2 Lunch Menu 2019 -2020



## CYCLE 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Glazed BBQ Chicken Drum Sticks</b>  Warm Dinner Rolls Ranch Style Beans Cucumber Slices	<b>Country Steak Fingers Garlic Toasts Peppered Gravy</b>  Spicy Carrots Whipped Potatoes	<b>Enchiladas Suizas Cilantro Lime Rice</b>  California Blend Garden Salad Low Fat Dressing	<b>BBQ Pulled Pork On Kaiser Bun</b>  Seasoned Steak Fries Cheesy Broccoli	<b>BBQ Riblet on Warm Sub. Roll</b>  Carrot Sticks Lettuce/Tomato Bits Baked Potato Chips
<b>Ham &amp; Cheese Croissant</b>  Baked Potato Chips  Ranch Style Beans Cucumber Slices	<b>Breaded Chicken On Whole Grain Bun</b>  Spicy Carrots Seasoned Curly Fries	<b>Pepperoni Pizza</b>  California Blend Garden Salad Low Fat Dressing	<b>Chicken &amp; Fruit Salad Croissant</b>  Seasoned Steak Fries Cheesy Broccoli	<b>Nacho Deluxe</b>  Spanish Rice  Carrot Sticks Lettuce/Tomato Bits  Cheese Sauce
<b>Spicy Cobb Salad</b>  Tostitos Rounds	<b>Lemon/Pepper Tuna Salad Panini</b>  Spicy Carrots Seasoned Curly Fries	<b>Southwest Taco Salad</b>  WG Fritos	<b>Jalapeño Tuna Salad</b>  Tostitos Rounds Cilantro Lime Rice	<b>Market Fresh Salad Fiesta Black Beans</b>  Warm Pretzel Nuggets

## CYCLE 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meaty Chalupas</b>  Spanish Rice Smashed Beans Cilantro Salad  Shredded Cheese	<b>Spicy Chicken Nuggets Sliced Wheat Bread</b>  Spicy Carrots Seasoned Corn	<b>Spicy Breaded Chicken On Kaiser Bun</b>  Veggie Sticks Garden Salad Low Fat Dressing Salsa Sun Chips	<b>Breaded Chicken Drumstick</b>  Macaroni & Cheese Roasted Corn Cheesy Broccoli	<b>Teriyaki Boneless Wings</b>  Oriental Rice Carrot Sticks Veggie Egg Roll
<b>Cheeseburger on Kaiser Bun</b>  Smashed Beans Cilantro Salad Baked Potato Chips	<b>Beef Picadillo Wheat Tortillas</b>  Spicy Carrots Seasoned Corn	<b>Bean/Cheese Burrito</b>  Veggie Sticks Garden Salad Low Fat Dressing	<b>Pork Carnitas Warm Corn Tortillas Shredded Cheese Sopa de Fideo</b>  Roasted Corn Cheesy Broccoli	<b>Cheeseburger</b>  Carrot Sticks Hamburger Salad Baked Potato Chips
<b>Sliced Beef Hoagie w/ Cheese</b> Smashed Beans Cilantro Salad Baked Potato Chips	<b>Chef Salad</b> Pasta Salad/WG Saltine Crackers	<b>Pepperoni Pizza</b>  Veggie Sticks Garden Salad Low Fat Dressing	<b>Pepperoni Personal Pizza</b>  Roasted Corn Cheesy Broccoli	<b>Panther/Wildcat Club Sandwich</b>  Baked Potato Chips  Carrot Sticks Hamburger Salad
<b>Chilled Peaches</b> Seasonal Fresh Fruit	<b>Chilled Pineapple</b> Seasonal Fresh Fruit	<b>Fruit Cocktail</b> Seasonal Fresh Fruit	<b>Chilled Pears</b> Seasonal Fresh Fruit	<b>Fruit Cup</b> Seasonal Fresh Fruit
Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily	Choice of Low Fat or Skim Milk Offered Daily

Menu subject to change due to food availability, etc. This institution is an equal opportunity provider.

Revised: 08/13/2019