



AVUHSD
FOOD SERVICES

2019-2020 BREAKFAST MENU

AVHS – EHS – PHS – QHHS – LnHS – HHS – LHS – KHS

Breakfast is \$2.00 Daily

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/12/19 09/16/19 10/21/19 12/02/19 01/27/20 03/02/20 04/13/20 05/18/19	Banana Bread Cereal & String Cheese 100% Fruit Juice Fresh Fruit Choice of Milk	Egg & Cheese Burrito with Salsa Cup Cereal & Mini Muffin Fruit Cup Fresh Fruit Choice of Milk	Chicken & Waffles Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Cinnamon Roll Cereal & Sunflower Kernels Fresh Fruit Fruit Cup Choice of Milk	Sausage, Egg & Cheese Breakfast Sandwich Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
08/19/19 09/23/19 10/28/19 12/09/19 02/03/20 03/09/20 04/20/20 05/25/20	Cinnamon Crumb Cake Cereal & Cheese Cubes 100% Fruit Juice Fresh Fruit Choice of Milk	French Toast Sticks with Syrup Cereal & Mini Muffin Fruit Cup Fresh Fruit Choice of Milk	Ham, Egg & Cheese Wrap with Salsa Cup Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Peanut Butter & Jelly Jamwich Cereal & Sunflower Kernels Fresh Fruit Fruit Cup Choice of Milk	Handmade Egg Burrito with Salsa Cup Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
08/26/19 09/30/19 11/04/19 12/16/19 02/10/20 03/16/20 04/27/20 06/01/20	Concha Variety Cereal & String Cheese 100% Fruit Juice Fresh Fruit Choice of Milk	Pancakes & Sausage Cereal & Mini Muffin Fruit Cup Fresh Fruit Choice of Milk	Coffee Cake Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Sausage Biscuit Cereal & Sunflower Kernels Fresh Fruit Fruit Cup Choice of Milk	Egg, Ham & Cheese Breakfast Sandwich Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
09/02/19 10/07/19 11/11/19 01/13/19 02/17/20 03/30/20 05/04/20	Cinnamon Bun Cereal & Cheese Cubes 100% Fruit Juice Fresh Fruit Choice of Milk	Chicken Biscuit Cereal & Mini Muffin Fruit Cup Fresh Fruit Choice of Milk	Egg & Cheese Burrito with Salsa Cup Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Sausage Breakfast Pizza Cereal & Sunflower Kernels Fresh Fruit Fruit Cup Choice of Milk	Power Bowl Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
09/09/19 10/14/19 11/18/19 01/21/20 02/24/20 04/06/20 05/11/20	Concha Variety Cereal & String Cheese 100% Fruit Juice Fresh Fruit Choice of Milk	French Toast Sticks Cereal & Mini Muffin Fruit Cup Fresh Fruit Choice of Milk	Coffee Cake Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Peanut Butter & Jelly Jamwich Cereal & Sunflower Kernels Fresh Fruit Fruit Cup Choice of Milk	Handmade Bacon & Egg Burrito with Salsa Cup Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk

MENU SUBJECT TO CHANGE



2019-2020 LUNCH MENU

AVHS – EHS – PHS – QHHS – LnHS – HHS – LHS – KHS

Lunch is \$3.50 Daily

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/12/19 09/16/19 10/21/19 12/02/19 01/27/20 03/02/20 04/13/20 05/18/19	Cuban Sandwich Baby Carrots Cherry Tomatoes/Cucumber Lettuce & Pickle Cup Fresh Fruit Fruit Cup	Fish Tacos Beans Celery & Jicama Sticks Fruit Cup Fresh Fruit	Bistro Pizza Seasoned Green Beans Baby Carrots Lemon Cookie Fruit Cup Fresh Fruit	BBQ Teriyaki Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fruit Juice Fresh Fruit	Western BBQ Burger with Onion Rings Lettuce & Pickle Cup Spicy Rib Cut Fries Seasoned Corn Fresh Fruit & Fruit Cup
08/19/19 09/23/19 10/28/19 12/09/19 02/03/20 03/09/20 04/20/20 05/25/20	Breaded Chicken Strips with Warm Roll Macaroni & Cheese Seasoned Green Beans Baby Carrots Fruit Cup Fresh Fruit	Cheddar Cheese Enchiladas Refried Beans Celery & Jicama Sticks Fruit Cup Fresh Fruit	Deep Dish Pizza Garden Salad Cherry Tomatoes/Cucumber Frozen Fruit Cup Fresh Fruit	Firecracker Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Cup	Angry Bird on Ciabatta Roll with Onion Rings Seashore Cut Fries Baby Carrots Fresh Fruit & Fruit Cup
08/26/19 09/30/19 11/04/19 12/16/19 02/10/20 03/16/20 04/27/20 06/01/20	Pasta Alfredo/Queso Garlic Bread Stick Garden Salad Baby Carrots Fruit Cup Fresh Fruit	Chicken Street Tacos Pinto & Red Beans Street Corn Fruit Cup Fresh Fruit	BRUNCH Chicken & Waffles Sweet Potato Tots Fruit/Veg Juice Blend Fruit Cup Fresh Fruit	General Tso's Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit & Fruit Juice	Bacon Cheeseburger on Ciabatta Roll Lettuce & Pickle Cup Seaside Spuds Baby Carrots Fresh Fruit & Fruit Cup
09/02/19 10/07/19 11/11/19 01/13/19 02/17/20 03/30/20 05/04/20	Roasted Chicken with Warm Rolls Garlic Mashed Potatoes Roasted Butternut Squash Fresh Fruit Fruit Juice	Carnitas Tacos Refried beans Street Corn Fruit Cup Fresh Fruit	Stuffed Crust Pizza Garden Salad Cherry tomatoes/Cucumber Fresh Fruit Frozen Fruit Cup	Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Cup Snickerdoodle Cookie	Crispy Chicken Filet Sandwich Seaside Spuds Baby Carrots Fresh Fruit Fruit Cup
09/09/19 10/14/19 11/18/19 01/21/20 02/24/20 04/06/20 05/11/20	Turkey and Gravy with Warm Rolls Mashed Potatoes Roasted Butternut Squash Fruit Juice Fresh Fruit	Chili Verde Burrito Flour Tortilla & Spanish Rice Pinto & Red Beans Celery & Jicama Sticks Fresh Fruit Fruit Cup	BRUNCH Pancakes & Sausage Sweet Potato Tots Fruit/Veg Juice Blend Fresh Fruit Fruit Cup	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit Fruit Juice	"Loaded Tots" Potato Puffs Baby Carrots Chocolate Chip Muffin Fruit Juice Fruit Cup

2019-2020 Speedy Service / Snack Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Breakfast / Snack</i>	<i>Breakfast / Snack</i>	<i>Breakfast / Snack</i>	<i>Breakfast / Snack</i>	<i>Breakfast / Snack</i>
Breakfast Special Cereal & Cheese Sausage Biscuit PB & Jelly Jamwich Bagel w/ Cream Cheese Honey Lemon Loaf Fruit Juice – 6oz Fresh Fruit	Breakfast Special Cereal & Mini Muffin Breakfast Pizza Egg, Ham & Cheese Wrap Cinnamon Crumb Cake Yogurt Parfait Fruit Cup Fresh Fruit	Breakfast Special Breakfast Box Chocolate Chip Muffin Egg & Cheese Burrito Sausage Biscuit Mini Breakfast Cluster Fresh Fruit Fruit Juice – 6oz	Breakfast Special Cereal & Sunflower Kernels Concha Variety Pancake on a Stick Cherry Danish Yogurt Parfait Fruit Cup Fresh Fruit	Breakfast Special Cereal & Pop Tart Banana Bread Chicken Biscuit Cinnamon Bun Fresh Fruit Fruit Juice – 6oz
<i>Lunch / Speedy Service</i>	<i>Lunch / Speedy Service</i>	<i>Lunch / Speedy Service</i>	<i>Lunch / Speedy Service</i>	<i>Lunch / Speedy Service</i>
Entree Salad Variety Chicken Sandwich Ham & Cheese Sandwich Chicken Quesadilla Cheddar Burger French Bread Pizza Lettuce & Pickle Cup Garden Salad Baby Carrots Fresh Fruit Fruit Cup	Entree Salad Variety Cheeseburger Turkey & Cheese Sandwich Pepperoni Pizza Pocket Grilled Cheese Sandwich Cheese Enchilada Lettuce & Pickle Cup Celery & Jicama Sticks Peanut Butter Cup Beans Fruit Cup Fresh Fruit	Entree Salad Variety Hamburger Turkey Wrap Deep Dish Pizza Xtreme Burrito Smokie Grill Hoagie Lettuce & Pickle Cup Cucumber Sticks Baby Carrots Salad Fresh Fruit Fruit Cup	Entree Salad Variety Cheeseburger Sliders Turkey & Cheese Sandwich Mini Cheese Flatbread Beef & Cheese Chimichanga PB & J Sandwich Lettuce & Pickle Cup Garden Salad Fresh Broccoli Fruit Cup Fresh Fruit	Entree Salad Variety Spicy Chicken Sandwich Tuna Sandwich Carnitas Burrito Jumbo Corndog Cheesy Breadsticks Lettuce & Pickle Cup Veg. Juice Seasoned Corn Baby Carrots Fresh Fruit Fruit Cup
<i>Lunch / Snack Bars Salad Stop</i>	<i>Lunch / Snack Bars Salad Stop</i>	<i>Lunch / Snack Bars Salad Stop</i>	<i>Lunch / Snack Bars Salad Stop</i>	<i>Lunch / Snack Bars Salad Stop</i>
Entree Salad Variety Pepperbelly Vegetable & Fruit Choices Listed Above	Entree Salad Variety Pepperbelly Vegetable & Fruit Choices Listed Above	Entree Salad Variety Pepperbelly Vegetable & Fruit Choices Listed Above	Entree Salad Variety Pepperbelly Vegetable & Fruit Choices Listed Above	Entree Salad Variety Pepperbelly Vegetable & Fruit Choices Listed Above

ALL MEALS INCLUDE CHOICE OF 1% MILK OR 1% FLAVORED MILK - MENU SUBJECT TO CHANGE