

# 2018/2019 BREAKFAST MENU

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

**Breakfast is \$2.00 Daily**

<i>Served the week of:</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
08/13/18 09/17/18 10/22/18 12/03/18 01/28/19 03/04/19 04/15/19 05/20/19	Banana Bread Cereal & String Cheese 100% Fruit Juice Fresh Fruit Choice of Milk	Egg & Cheese Burrito with Salsa Cup Cereal & Mini Muffin Fruit Cup Dried Fruit Choice of Milk	Chicken & Waffles Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Breakfast Pizza Bagel Cereal & Sunflower Kernels Dried Fruit Fruit Cup Choice of Milk	Sausage, Egg & Cheese Breakfast Sandwich Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
08/20/18 09/24/19 10/29/18 12/10/18 02/04/19 03/11/19 04/22/19 05/27/19	Cinnamon Crumb Cake Cereal & Cheese Cubes 100% Fruit Juice Fresh Fruit Choice of Milk	French Toast Sticks with Syrup Cereal & Mini Muffin Fruit Cup Dried Fruit Choice of Milk	Egg & Cheese Taco with Salsa Cup Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Peanut Butter & Jelly Jamwich Cereal & Sunflower Kernels Dried Fruit Fruit Cup Choice of Milk	Handmade Bacon & Egg Burrito with Salsa Cup Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
08/27/18 10/01/18 11/05/18 12/17/18 02/11/19 03/25/19 04/29/19 06/03/19	Chocolate Chip Muffin Cereal & String Cheese 100% Fruit Juice Fresh Fruit Choice of Milk	Pancakes & Sausage Cereal & Mini Muffin Fruit Cup Dried Fruit Choice of Milk	Coffee Cake Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Sausage Biscuit Cereal & Sunflower Kernels Dried Fruit Fruit Cup Choice of Milk	Egg, Ham & Cheese Breakfast Sandwich Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
09/03/18 10/08/18 11/12/18 01/14/19 02/18/19 04/01/19 05/06/19	Cinnamon Bun Cereal & Cheese Cubes 100% Fruit Juice Fresh Fruit Choice of Milk	Chicken Biscuit Cereal & Mini Muffin Fruit Cup Dried 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 Dried Fruit Fruit Cup Choice of Milk	French Toast Sticks with Syrup Cereal & Pop Tart Fresh Fruit 100% Fruit Juice Choice of Milk
09/10/18 10/15/18 11/26/18 01/21/19 02/25/19 04/08/19 05/13/19	Apple Muffin Top Cereal & String Cheese 100% Fruit Juice Fresh Fruit Choice of Milk	Egg & Cheese Taco Cereal & Mini Muffin Fruit Cup Dried Fruit Choice of Milk	Coffee Cake Cereal Bar & Yogurt Fresh Fruit 100% Fruit Juice Choice of Milk	Peanut Butter & Jelly Jamwich Cereal & Sunflower Kernels Dried 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*

**Lunch is \$3.50 Daily**

<i>Served the week of:</i>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
08/13/18 09/17/18 10/22/18 12/03/18 01/28/19 03/04/19 04/15/19 05/20/19	Beef-A-Roni with Garlic Bread Stick Garden Salad w/ Dressing Cucumber Slices Fruit Cup Fresh Fruit Choice of Milk	BBQ Teriyaki Chicken Bowl with Brown Rice Asian Vegetable Blend Celery & Jicama Sticks Fruit Juice & Fresh Fruit Lemon Cookie Choice of Milk	Jumbo Corndog Spicy Rib-Cut Fries BBQ Beans Fresh Fruit Fruit Cup Choice of Milk	Turkey and Gravy over Mashed Potatoes Warm Rolls Peas & Carrots Dried Fruit Fresh Fruit Choice of Milk	Fish Sandwich Lettuce & Pickle Cup Seaside Spuds Baby Carrots Fresh Fruit Sidekick Choice of Milk
08/20/18 09/24/19 10/29/18 12/10/18 02/04/19 03/11/19 04/22/19 05/27/19	Breaded Chicken Strips with Warm Roll Macaroni & Cheese Seasoned Green Beans Baby Carrots Fruit Cup & Fresh Fruit Choice of Milk	Firecracker Chicken Bowl with Brown Rice Asian Vegetable Blend Carrots & Celery Sticks Fruit/Veg Juice Blend Fresh Fruit & Fruit Cup Choice of Milk	Deep Dish Pizza Tossed Salad w/ Dressing Seasoned Corn Dried Fruit Fresh Fruit Choice of Milk	Cheddar Cheese Enchiladas Refried Beans Celery & Jicama Sticks Fruit Cup Dried Fruit Choice of Milk	Angry Bird on Ciabatta Roll with Onion Rings Tossed Salad w/ Dressing Baby Carrots Fresh Fruit & Fruit Cup Choice of Milk
08/27/18 10/01/18 11/05/18 12/17/18 02/11/19 03/25/19 04/29/19 06/03/19	Pasta Alfredo Garlic Bread Stick Steamed Broccoli Baby Carrots w/ Dressing Fruit Cup Fresh Fruit Choice of Milk	General Tso's Chicken Bowl with Brown Rice Asian Vegetable Blend Carrots & Celery Sticks Fresh Fruit & Fruit Juice Choice of Milk	<b>BRUNCH</b> Chicken & Waffles Crispy Tater Tots Fruit/Veg Juice Blend Fruit Cup Fresh Fruit Choice of Milk	Chili Verde Bowl Tortilla & Spanish Rice Pinto & Red Beans Garden Salad w/ Dressing Fresh Fruit Dried Fruit Choice of Milk	Bacon Cheeseburger on Ciabatta Roll Lettuce & Pickle Cup Seaside Spuds Celery & Jicama Sticks Fresh Fruit & Fruit Cup Choice of Milk
09/03/18 10/08/18 11/12/18 01/14/19 02/18/19 04/01/19 05/06/19	Roasted Chicken with Warm Rolls Garlic Mashed Potatoes Roasted Squash Fresh Fruit Dried Fruit Choice of Milk	Teriyaki Beef & Broccoli Bowl with Brown Rice Baby Carrots Fruit Juice Fresh Fruit Snickerdoodle Cookie Choice of Milk	Stuffed Crust Pizza Garden Salad w/ Dressing Seasoned Green Beans Fresh Fruit Dried Fruit Choice of Milk	<b>PEPPERBELLY</b> Chili Beans with Cheese over Fritos Corn Chips Seasoned Corn Celery & Jicama Sticks Fruit Cup & Fresh Fruit Choice of Milk	Crispy Chicken Filet Sandwich Spicy Rib-Cut Fries Baked Beans Fresh Fruit Fruit Cup Choice of Milk
09/10/18 10/15/18 11/26/18 01/21/19 02/25/19 04/08/19 05/13/19	Chicken Fajitas Flour Tortillas Refried Beans Garden Salad w/ Dressing Fresh Fruit Fruit Cup Choice of Milk	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend Baby Carrots w/ Dip Fruit Juice Dried Fruit Choice of Milk	<b>BRUNCH</b> Pancakes & Sausage Triangle Tater Fruit/Veg Juice Blend Fresh Fruit Fruit Cup Choice of Milk	Monterey Jack Cheese Enchiladas Pinto & Red Beans Carrots & Jicama Sticks Fruit Cup Fresh Fruit Choice of Milk	Western BBQ Burger with Onion Rings Lettuce & Pickle Cup Crispy Tater Tots Cherry Sidekick Fresh Fruit & Fruit Cup Choice of Milk

*MENU SUBJECT TO CHANGE*





# Antelope Valley Union High School District – 2018/2019 Speedy Service / Snack Bar

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b><i>Breakfast / Snack</i></b>	<b><i>Breakfast / Snack</i></b>	<b><i>Breakfast / Snack</i></b>	<b><i>Breakfast / Snack</i></b>	<b><i>Breakfast / Snack</i></b>
Breakfast Special Cereal & Cheese Egg & Cheese Biscuit PB & J Jamwich Bagel w/ Cream Cheese Honey Lemon Loaf  Fruit Juice – 6oz Fresh Fruit Dried Fruit	Breakfast Special Cereal & Mini Muffin Breakfast Pizza Egg & Chorizo Wrap Cinnamon Crumb Cake Yogurt Parfait  Fruit Cup Dried Fruit Fresh Fruit	Breakfast Special Breakfast Box Chocolate Chip Muffin Egg & Cheese Burrito Sausage Biscuit Mini Breakfast Cluster  Fresh Fruit Fruit Juice – 6oz Dried Fruit	Breakfast Special Cereal & Sunflower Kernels Apple Muffin Top Pancake on a Stick Cherry Danish Yogurt Parfait  Dried Fruit Fruit Cup Fresh Fruit	Breakfast Special Cereal & Pop Tart Banana Bread Breakfast Taco Chicken Biscuit Cinnamon Bun  Fresh Fruit Fruit Juice – 6oz Dried Fruit
<b><i>Lunch / Speedy Service</i></b>	<b><i>Lunch / Speedy Service</i></b>	<b><i>Lunch / Speedy Service</i></b>	<b><i>Lunch / Speedy Service</i></b>	<b><i>Lunch / Speedy Service</i></b>
Entree Salad Chicken Sandwich Ham & Cheese Sandwich Chile Cheese Quesadilla Meatloaf Hoagie French Bread Pizza  Lettuce & Pickle Cup Garden Salad Baby Carrots Seasoned Green Beans  Fresh Fruit Fruit Cup Dried Fruit	Entree Salad Cheeseburger Turkey & Cheese Sandwich Pepperoni Pizza Pocket Jumbo Corndog Bean & Cheese Burrito  Lettuce & Pickle Cup Tossed Salad Veggie Sticks Baby Carrots Veg Blend Juice  Fruit Juice Fruit Cup Fresh Fruit	Entree Salad Hamburger Turkey Wrap Deep Dish Pizza (Box) Turkey Taco Pocket Smokie Grill Hoagie  Lettuce & Pickle Cup Garden Salad Celery Sticks w / PB Veg Blend Juice Baked Beans Seasoned Corn  Fresh Fruit Fruit Cup	Entree Salad Cheeseburger Sliders Turkey & Cheese Sandwich Grilled Cheese Sandwich Pizza Bagel PB & J Sandwich  Lettuce & Pickle Cup Tossed Salad Baby Carrots Veggie Sticks Baked Beans Seasoned Corn  Fruit Cup Fresh Fruit Dried Fruit	Entree Salad Spicy Chicken Sandwich Tuna Sandwich Carnitas Burrito Pork Chop Sandwich Cheesy Breadsticks  Lettuce & Pickle Cup Garden Salad Baby Carrots Veg. Sidekicks Baked Beans Seasoned Corn  Fresh Fruit Fruit Cup Sidekicks
<b><i>Lunch / Snack Bars Salad Stop</i></b>	<b><i>Lunch / Snack Bars Salad Stop</i></b>	<b><i>Lunch / Snack Bars Salad Stop</i></b>	<b><i>Lunch / Snack Bars Salad Stop</i></b>	<b><i>Lunch / Snack Bars Salad Stop</i></b>
Entree Salads Pepperbelly  Vegetable & Fruit Choices Listed Above	Entree Salads Pepperbelly  Vegetable & Fruit Choices Listed Above	Entree Salads Pepperbelly  Vegetable & Fruit Choices Listed Above	Entree Salad Pepperbelly  Vegetable & Fruit Choices Listed Above	Entree Salad Pepperbelly  Vegetable & Fruit Choices Listed Above

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