

2018/2019 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
08/13/18 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>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	BRUNCH 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	PEPPERBELLY 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	BRUNCH 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

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 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
<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 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
<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 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

2018-2019 DESERT PATHWAYS

Breakfast is \$2.00 Daily • Lunch is \$3.50 Daily

<i>Served the week of:</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/13/18 09/17/18	Banana Bread Fruit Juice & Fresh Fruit	Cereal & Muffin Fruit Cup & Dried Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Breakfast Pizza Bagel Sunflower Seed Kernels Dried Fruit & Fruit Cup	Sausage & Cheese Breakfast Sandwich Fresh Fruit & Fruit Juice
10/22/18 12/03/18	Beef-A-Roni with Garlic Breadstick	BBQ Teriyaki Chicken with Brown Rice	Jumbo Corn Dog Spicy Rib-Cut Fries	Turkey & Gravy Bowl with Warm Rolls	Fish Sandwich Lettuce & Pickle Cup
01/28/19 03/04/19	Garden Salad w/ Dressing Cucumber Slices	Celery & Jicama Sticks Fresh Fruit & Fruit Juice	BBQ Beans Fresh Fruit	Peas & Carrots Dried Fruit	Seaside Spuds Baby Carrots w/ Dressing
04/15/19 05/20/19	Fruit Cup & Fresh Fruit	Lemon Cookie	Fruit Cup	Fresh Fruit	Fresh Fruit & Sidekick
08/20/18 09/24/18	Cinnamon Crumb Cake Fruit Juice & Fresh Fruit	French Toast Sticks Fruit Cup & Dried Fruit	Cereal Bar & Yogurt Fresh Fruit & Fruit Juice	PB&J Jamwich Dried Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
10/29/18 12/10/18	Breaded Chicken Strips with Warm Roll	Firecracker Chicken Bowl with Brown Rice	Pizza Croissant Sandwich Tossed Salad w/ Dressing	Cheese Enchiladas Refried Beans	Spicy Chicken Sandwich Lettuce & Pickle Cup
02/04/19 03/11/19	Macaroni & Cheese Seasoned Green Beans	Carrots & Celery Sticks Fruit/Veg Blend Juice	Seasoned Corn Dried Fruit	Celery & Jicama Sticks w/ Ranch Dressing	Garden Salad w/ Dressing Baby Carrots
04/22/19 05/27/19	Baby Carrots Fruit Cup & Fresh Fruit	Fresh Fruit Fruit Cup	Fresh Fruit	Fruit Cup Dried Fruit	Fresh Fruit Fruit Cup
08/27/18 10/01/18	Chocolate Chip Muffin Fruit Juice & Fresh Fruit	Bagel w/ Cream Cheese Fruit Cup & Dried Fruit	Coffee Cake Fresh Fruit & Fruit Juice	Beef Sausage Biscuit Dried Fruit & Fruit Cup	Cereal & Pop Tart Fresh Fruit & Fruit Juice
11/05/18 12/17/18	Pasta Alfredo Bowl Garlic Breadstick	General Tso's Chicken Bowl with Brown Rice	BRUNCH Pizza Bagel	Green Chile & Cheese Flauquito w/ Salsa	Cheeseburger Sliders Seaside Spuds
02/11/19 03/25/19	Steamed Broccoli Baby Carrots	Carrots & Celery Sticks w/ Ranch Dressing	Triangle Tater Fruit/Veg Juice Blend	Pinto & Red Beans Tossed Salad w/ Dressing	Celery & Jicama Sticks Fresh Fruit
04/29/19 06/03/19	Fruit Cup Fresh Fruit	Fresh Fruit Fruit Juice	Fruit Cup Fresh Fruit	Fresh Fruit Dried Fruit	Fruit Cup
09/03/18 10/08/18	Cereal & Cheese Cubes Fruit Juice & Fresh Fruit	Chicken Biscuit Fruit Cup & Dried Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Sausage Breakfast Pizza Sunflower Seed Kernels Dried Fruit & Fruit Cup	French Toast Sticks Fresh Fruit & Fruit Juice
11/12/18 01/14/19	Crispy Chicken Filet Sandwich	Teriyaki Beef & Broccoli Bowl with Brown Rice	French Bread Pizza Tossed Salad w/ Dressing	Bean, Cheese and Rice Burrito with Salsa	Jumbo Corn Dog Spicy Rib-Cut Fries
02/18/19 04/01/19	Carrots & Celery Sticks Garden Salad w/ Dressing	Baby Carrots Fruit Juice	Celery Sticks w/ PB Cup Fresh Fruit	Seasoned Corn Celery & Jicama Sticks	Baked Beans Fresh Fruit
05/06/19	Fresh Fruit Dried Fruit	Fresh Fruit Snickerdoodle Cookie	Dried Fruit	Fruit Cup & Fresh Fruit	Fruit Cup
09/10/18 10/15/18	Apple Muffin Top Fruit Juice & Fresh Fruit	Egg & Cheese Taco Fruit Cup & Dried Fruit	Coffee Cake Fresh Fruit & Fruit Juice	PB&J Jamwich Dried Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
11/26/18 01/21/19	Green Chile & Cheese Quesadilla w/ Salsa	Orange Chicken Bowl with Brown Rice	BRUNCH Sunrise Sandwich	Turkey Taco Pocket Chips & Salsa	Bacon Cheeseburger Lettuce & Pickle Cup
02/25/19 04/08/19	Refried Beans Garden Salad w/ Dressing	Baby Carrots w/ Dip Fruit Juice	Pop Tart Triangle Tater	Pinto & Red Beans Celery & Jicama Sticks	Crispy Tater Tots Cherry SideKick
05/13/19	Fresh Fruit & Fruit Cup	Dried Fruit	Fruit/Veg Juice Blend Fresh Fruit & Fruit Cup	Fruit Cup Fresh Fruit	Fresh Fruit Fruit Cup

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