

# 2019-2020 SOAR High School

Breakfast is \$2.00 Daily • 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>
08/12/19 09/16/19	Banana Bread String Cheese Fruit Juice & Fresh Fruit	Cereal & Muffin Fruit Cup & Fresh Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Concha Variety Sunflower Seed Kernels Fresh Fruit & Fruit Cup	Sausage & Cheese Breakfast Sandwich Fresh Fruit & Fruit Juice
10/21/19 12/02/19	Cuban Sandwich Baby Carrots Tomatoes/Cucumber Lettuce & Pickle Cup Fruit Cup & Fresh Fruit	Corndog Baked Beans Celery & Jicama Sticks Peanut Butter Cup Fresh Fruit & Fruit cup	Pepperoni Pizza Pocket Seasoned Green beans Baby Carrots Lemon Cookie Fruit Cup & Fresh Fruit	BBQ Teriyaki Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli w/ Dressing Fruit Cup & Fresh Fruit	Hamburger Lettuce & Pickle Cup Baby Carrots Seasoned Corn Fresh Fruit & Fruit Cup
04/13/20 05/18/19	Cinnamon Crumb Cake Cheese Cubes Fruit Juice & Fresh Fruit	French Toast Sticks Fruit Cup & Fresh Fruit	Cereal Bar & Yogurt Fresh Fruit & Fruit Juice	PB&J Jamwich Fresh Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
10/28/19 12/09/19	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 Tossed Salad w/ Dressing Tomatoes/Cucumber Fruit Cup & Fresh Fruit	Firecracker Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Cookie Fruit Cup & Fresh Fruit	Spicy Chicken Sandwich Lettuce & Pickle Cup Seasoned Corn Baby Carrots Fruit Cup & Fresh Fruit
02/03/20 03/09/20	04/20/20 05/25/20	08/26/19 09/30/19	11/04/19 12/16/19	02/10/20 03/16/20	04/27/20 06/01/20
08/26/19 09/30/19	Concha Variety String Cheese Fruit Juice & Fresh Fruit	Bagel w/ Cream Cheese Fruit Cup & Fresh Fruit	Coffee Cake Fresh Fruit & Fruit Juice	Beef Sausage Biscuit Fresh Fruit & Fruit Cup	Cereal & Pop Tart Fresh Fruit & Fruit Juice
11/04/19 12/16/19	Pasta Alfredo/Queso Garlic Bread Stick Garden Salad w/ Dressing Baby Carrots Fruit Cup & Fresh Fruit	Grilled Cheese Sandwich BBQ Beans Celery Sticks & Jicama w/ Ranch Dressing Peanut Butter Cup Fruit Cup & Fresh Fruit	<b>BRUNCH</b> Chicken & Biscuit Sliders Sweet Potatoes Fruit/Veg Juice Blend Fruit Cup & Fresh Fruit	General Tso's Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli Fresh Fruit & Fruit Juice	Cheeseburger Lettuce & Pickle Cup Seasoned Corn Baby Carrots Fruit Cup & Fresh Fruit
02/10/20 03/16/20	04/27/20 06/01/20	08/26/19 09/30/19	11/04/19 12/16/19	02/10/20 03/16/20	04/27/20 06/01/20
09/02/19 10/07/19	Banana Bread Cheese Cubes Fruit Juice & Fresh Fruit	Chicken Biscuit Fruit Cup & Fresh Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Sausage Breakfast Pizza Sunflower Seed Kernels Fresh Fruit & Fruit Cup	Power Bowl Fresh Fruit & Fruit Juice
11/11/19 01/13/19	Quesadilla Baby Carrots Cucumber Slices w/ Dressing Fruit Cup & Fresh Fruit	Carnitas Tacos Refried beans Street Corn Fruit Cup & Fresh Fruit	French Bread Pizza Garden Salad w/ Dressing Cherry tomatoes/Cucumber Fresh Fruit & Frozen Fruit Cup	Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli w/ Dressing Snickerdoodle Cookie Fruit Cup & Fresh Fruit	Crispy Chicken Sandwich Celery & Jicama Baby Carrots w/ Dressing Lettuce & Pickle Cup Fruit Cup & Fresh Fruit
02/17/20 03/30/20	05/04/20	09/09/19 10/14/19	11/18/19 01/21/20	02/24/20 04/06/20	05/11/20
09/02/19 10/07/19	Banana Bread Cheese Cubes Fruit Juice & Fresh Fruit	Chicken Biscuit Fruit Cup & Fresh Fruit	Mini Breakfast Cluster Fresh Fruit & Fruit Juice	Sausage Breakfast Pizza Sunflower Seed Kernels Fresh Fruit & Fruit Cup	Power Bowl Fresh Fruit & Fruit Juice
11/11/19 01/13/19	Quesadilla Baby Carrots Cucumber Slices w/ Dressing Fruit Cup & Fresh Fruit	Carnitas Tacos Refried beans Street Corn Fruit Cup & Fresh Fruit	French Bread Pizza Garden Salad w/ Dressing Cherry tomatoes/Cucumber Fresh Fruit & Frozen Fruit Cup	Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli w/ Dressing Snickerdoodle Cookie Fruit Cup & Fresh Fruit	Crispy Chicken Sandwich Celery & Jicama Baby Carrots w/ Dressing Lettuce & Pickle Cup Fruit Cup & Fresh Fruit
02/17/20 03/30/20	05/04/20	09/09/19 10/14/19	11/18/19 01/21/20	02/24/20 04/06/20	05/11/20
09/09/19 10/14/19	Concha Variety String Cheese Fruit Juice & Fresh Fruit	French Toast Fruit Cup & Fresh Fruit	Coffee Cake Fresh Fruit & Fruit Juice	PB&J Jamwich Fresh Fruit & Fruit Cup	Egg & Cheese Burrito Fresh Fruit & Fruit Juice
11/18/19 01/21/20	Turkey and Gravy over Mashed Potatoes Warm Rolls Roasted Butternut Squash Fruit Juice & Fresh Fruit	Chili Verde Burrito Flour Tortilla & Spanish Rice Pinto & Red Beans Celery & Jicama Sticks Peanut Butter Cup Fruit Cup & Fresh Fruit	<b>BRUNCH</b> Sunrise Sausage Sandwich Sweet Potato Tots Fruit/Veg Juice Blend Fresh Fruit & Fruit Cup	Orange Chicken Bowl with Brown Rice Asian Vegetable Blend Broccoli w/ Dressing Fruit Juice Frozen Fruit Cup	Cheeseburger Sliders Lettuce & Pickle Cup Seasoned Corn Baby Carrots Fruit Cup & Fresh Fruit

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