

		Aug /	Sept	2025	5			Oct 2025								Nov 2025						
Su	M	T	w	Т	F	S	Su	M	Т	w	Т	F	5	Su	М	T	W	Т	F	S		
	25	26	27	28	29					1	2	3	4							1		
	1	2	3	4	5	6	5	6	7	8	9	10	11	2	3	4	5	6	7	8		
7	8	9	10	11	12	13	12	13	14	15	16	17	18	9	10	11	12	13	14	15		
14	15	16	17	18	19	20	19	20	21	22	23	24	25	16	17	18	19	20	21	22		
21	22	23	24	25	26	27	26	27	28	29	30	31		23	24	26	26	27	28	29		
28	29	30																				
	Conferences																					

## **High School Lunch**

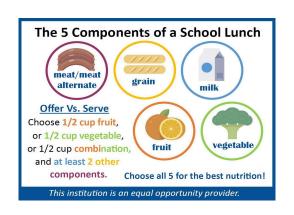
	Monday	Tuesday	Wednesday	Thursday		
Week 1	Chicken Nuggets Steamed Corn Romaine Salad Mandarin Oranges	Chili Dog or Hotdog Normandy Blend Veggies Cucumber Slices Fresh Fruit	Crispitos Fiesta Beans Grape Tomatoes Fruit Cocktail	Pizza Crunchers Cauliflower Mixed Fresh Veggies Watermelon Slushie		
Week 2	Chicken Patty Sandwich Regular or Spicy BBQ Baked Beans Grape Tomatoes Diced Peaches	Mozzarella Sticks w/ Marinara Steamed Carrots Pepper Strips Strawberry Applesauce	Cheeseburger on WG Bun French Fries Baby Carrots Orange Slices	Eagle Bread Steamed Broccoli Mixed Fresh Veggies Diced Pears		
Week 3	Popcorn Chicken Steamed Corn Baby Carrots Diced Pineapple	Meatball Sub on WG Bun Steamed Carrots Marinated Veggies Apple Slices	Walking Taco Refried Beans Lettuce, Cheese & Salsa Fruit Punch Raisels	Stuffed Crust Pizza Green Beans Mixed Fresh Veggies California Fruit Cup		

Alternate Entrées: Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily. Choice of non-fat white, non-fat chocolate milk and water offered daily.

Whole fresh fruit offered daily in addition to the menued fruit. All whole grain products.

Questions or Concerns?
Contact Eric at greeneric@saydel.net

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28	29	30												30						
	Conferences																			

**Sydel High School Alternative Lunch** 

Week 1	Week 2	Week 3			
Chef Salad	Rockin' Chicken Caesar Salad	Chicken Bacon Ranch Salad			
Bento Box: Turkey Coins, Cheese Cubes, Goldfish Crackers, Fresh Veggies	<b>Pizza Munchable</b> : WG Flatbread, Cheese, Marinara, Pepperoni	Turkey and Cheese Sub Sandwich			
PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers			

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