



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

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

Nov 2025						
Su	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	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](mailto:greeneric@saydel.net)

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### The 5 Components of a School Lunch



meat/meat  
alternate



grain



milk

#### Offer Vs. Serve

Choose **1/2 cup fruit**,  
or **1/2 cup vegetable**,  
or 1/2 cup **combination**,  
and **at least 2 other**  
**components**.



fruit



vegetable

Choose all 5 for the best nutrition!

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	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	25	26	27	28	29
28	29	30												30						

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### Sydel High School Alternative Lunch

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

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