




Breakfast & Lunch Menu

April 2024

SUTHERLIN HIGH SCHOOL + MIDDLE SCHOOL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BELGIAN WAFFLES ... PIZZA BUFFALO CHICKEN WRAP	2 BLUEBERRY MUFFIN + STRING CHEESE ... HAMBURGER BUFFALO CHICKEN WRAP	3 BISCUITS + GRAVY ... CHICKEN NUGGETS BUFFALO CHICKEN WRAP	4 BREAKFAST ROUNDS ... SOFT TACOS BUFFALO CHICKEN WRAP	5 CINNAMON BUN ... HALF DAY GRAB N GO CORN DOGS
8 PANCAKE BITES ... CHEESY BREADSTICKS TURKEY PINWHEEL	9 SNACK WAFFLE ... NACHOS TURKEY PINWHEEL	10 FRENCH TOAST BREAKFAST BAR ... CHICKEN PATTY SANDWICH TURKEY PINWHEEL	11 LEMON OR BANANA BREAD ... SPIRAL SPAGHETTI + GARLIC TOAST TURKEY PINWHEEL	12 FRUDEL ... HALF DAY GRAB N GO PB&J
15 CHURROS ... PIZZA STICKS CHEESY QUESADILLA	16 APPLE MUFFIN + STRING CHEESE ... TERIYAKI CHICKEN + RICE CHEESY QUESADILLA	17 BLUEBERRY + YOGURT PARFAIT ... HAMBURGER CHEESY QUESADILLA	18 FRENCH TOAST STICKS ... MAC + CHEESE + BREADSTICK CHEESY QUESADILLA	19 MINI CINNI ... HALF DAY GRAB N GO BEAN + CHEESE BURRITO
22 BAGEL + CREAM CHEESE ... PIZZA CHEESEBURGER WRAP	23 CINN TOAST CRUNCH BAR ... CHICKEN ALFREDO + ROLL CHEESEBURGER WRAP	24 APPLE DONUT ... HOT DOG CHEESEBURGER WRAP	25 SOFT PRETZEL ... CHICKEN TACOS CHEESEBURGER WRAP	26 PUMPKIN OR BANANA BREAD ... HALF DAY GRAB N GO
29 WAFFLE STICKS ... CHEESY BREADSTICKS CHICKEN BACON RANCH WRAP	30 CHOCOLATE CHIP BENEFIT BAR ... ORANGE CHICKEN + RICE CHICKEN BACON RANCH WRAP	  		

Menu subject to change without notice.

Assorted fruit and vegetables offered daily. Milk choices included with both breakfast and lunch.

Students must take all of the following meal components:

BREAKFAST: at least 3 items, 1 must be a fruit or vegetable

- 1 Serving of Milk
- 1 half cup of a Fruit and/or Vegetable
- 1 Serving of Whole Grain
- and/or 1 Serving of Meat/Meat Alternate*

LUNCH: at least 3 items, 1 must be fruit or vegetable

- 1 Serving of Milk
- 1 half cup of Fruit and/or Vegetable (or more)
- 1 Serving of Whole Grain
- and/or 1 Serving of Meat/Meat Alternate*

(*meat/meat alternate examples: cheese, chicken, yogurt, pork, beef, etc)

This institution is an equal opportunity provider.

ALL MEALS ARE FREE OF CHARGE FOR ALL STUDENTS IN THE DISTRICT!