



# Cycle 1

## LEGACY HIGH SCHOOL Lunch Menu

Week of Sept 30th

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potential.

### BREAKFAST\*

### ENTREE

### GRILL & PIZZA

### EXPRESS

### FRUIT&VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Breakfast Pizza, PopTart & String Cheese	Country Chicken Biscuit, Muffin & Graham	Cinni Minis, Cereal Bar & Yogurt	Country Chicken Biscuit, PopTart & Graham	Cinnamon Sugar Donut, Muffin & String Cheese
ENTREE	Chicken Patty Sliders w/ 'Legacy' Sauce	T. Barbacoa Soft Tacos & Cilantro Rice	Asian Dumplings & Fried Rice	French Toast & T. Sausage	Beef Nachos
GRILL & PIZZA	Cheeseburger, Cheese Pizza	Spicy Chicken, Pepperoni Pizza	Chicken Tenders & Roll, Cheese Pizza	Sriracha Crunch Burger, Pepperoni Pizza	Chicken Patty, Pizza Sticks
EXPRESS	Muffin Pack, Chicken Caesar Salad & Dinner Roll	Turkey & Cheese Sub, Egg Chef Salad & Dinner Roll	Flatbread Pizza Pack Chicken Caesar Salad & Dinner Roll	C. Ham & Cheese Sub, Egg Chef Salad with Dinner Roll	Muffin Pack, Chicken Caesar Salad & Dinner Roll
FRUIT&VEG	Green Beans, Fresh Broccoli, Orange Slices, Applesauce Cup	Sweet Corn, Red Peppers, Diced Pears, Raisins	Steamed Broccoli, Fresh Cucumber Slices, Diced Peaches, Apple Slices	Tater Tots, Celery Sticks, Applesauce, Raisins	Kickin' Pintos, Baby Carrots, Mixed Fruit, Apple Slices

**Menus are subject to change.**

**Daily Options:**  
Rotating Grill, Fresh Pizzas  
Express Cold Packs, Subs, & Salads

**Daily Breakfast:**  
Choice of entrée, Cereal and graham, choice of  
fruit

All Meals Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May Include:  
1% Low-Fat Milk



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# CYCLE MENU 2

## HIGH SCHOOL LUNCH MENU

Week of October 7th

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Pancake Stick Strawberry Parfait	Sausage, Egg & Cheese Bagel Muffin & Yogurt	Apple Frudel Cereal Bar & Graham	Sausage, Egg & Cheese Bagel Pop Tart & Graham	Pancake Bites Blueberry Loaf
ENTREE	Buffalo Mac&Cheese	Country Chicken Bowl with Biscuit	Beef Chili with Cornbread Poppers	Cheesy Penne Pasta with Breadstick	Barbecue Chicken Flatbread
GRILL & PIZZA	Chili Cheese Dog Cheese Pizza	Spicy Chicken Pepperoni Pizza	Chili Cheese Dog Cheese Pizza	Cheese Burger Pepperoni Pizza	Chili Cheese Dog Pizza Crunchers
EXPRESS	Make Your Own Peperoni Pizza Pack	Baja Salad with Flatbread	Make Your Own Pepperoni Pizza Pack	Baja Salad with Flatbread	Make Your Own Pepperoni Pizza Pack
FRUIT & VEG	Steamed Broccoli, Celery Sticks, Choice of Fruit	Steamed Corn, Baby Carrots, Choice of Fruit	Steamed Carrots, Fresh Broccoli, Choice of Fruit	Green Beans, Sliced Cucumber, Choice of Fruit	Baked Beans, Baby Carrots, Choice of Fruit

**Menus are subject to change.**



**Daily Options:**  
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Express Cold Packs, Subs, & Salads

**Daily Breakfast:**  
Choice of entrée, Cereal and graham, choice of fruit

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# Cycle Menu 3

## HIGH SCHOOL LUNCH MENU

Week of October 14th

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Turkey Sausage, Egg and Cheese Burrito Peach Parfait	Egg and Cheese Muffin Cereal Bar & Graham	French Toast Sticks Peach Parfait	Egg and Cheese Muffin Muffin & Cheese Stick	Blueberry Waffles Peach Parfait
ENTREE	Fish Patty Melt	Kickin' Bean & Beef Tortilla Bowl	Chicken Penne Alfredo with Texas Toast	Orange Chicken with Rice	Meatball Sub
GRILL & PIZZA	Pulled Pork Sandwich Cheese Pizza	Spicy Chicken Sausage Pizza	Pulled Pork Sandwich Cheese Pizza	Cheeseburger Sausage Pizza	Pulled Pork Sandwich Bosco Sticks
EXPRESS	Turkey Sandwich	Muffin Pack	Turkey Sandwich	Muffin Pack	Turkey Sandwich
FRUIT & VEG	Baked Beans, Coleslaw, Choice of Fruit	Corn, Baby Carrots, Choice of Fruit	Steamed Broccoli, Celery Sticks, Choice of Fruit	Roasted Carrots, Sliced Cucumber, Choice of Fruit	Green Beans, Romaine Salad, Choice of Fruit

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**Daily Options:**  
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Express Cold Packs, Subs, & Salads

**Daily Breakfast:**  
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# Cycle Menu 4

## HIGH SCHOOL LUNCH MENU

Week of October 21st

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Breakfast Pizza Strawberry Pop Tart & Graham	Turkey Sausage Biscuit Muffin & Cheese Stick	Doughnut Cereal Bar & Graham	Turkey Sausage Biscuit Lemon Loaf	Cherry Frudel Pop Tart & Graham
ENTREE	Cubano Flatbread Sandwich	Turkey Barbacoa Barilla Quesadilla	General Tso's Beef with Rice & Egg Roll	Waffles & Sausage	Buffalo Mac & Cheese with Roll
GRILL & PIZZA	Bacon Cheeseburger Cheese Pizza	Spicy Chicken Peperoni Pizza	Bacon Cheeseburger Cheese Pizza	Spicy Chicken Peperoni Pizza	Bacon Cheeseburger Mozzarella Sticks
EXPRESS	Egg Chef Salad	Muffin Pack	Egg Chef Salad	Muffin Pack	Egg Chef Salad
FRUIT & VEG	French Fries, Romain Salad, Choice of Fruit	Kickin' Pinto Beans, Baby Carrots, Choice of Fruit	Roasted Carrots, Fresh Broccoli, Choice of Fruit	Tater Tots, Celery Sticks, Choice of Fruit	Roasted Broccoli, Sliced Cucumber, Choice of Fruit

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Express Cold Packs, Subs, & Salads

**\*Daily Breakfast:**  
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# CYCLE MENU 5

## HIGH SCHOOL LUNCH MENU

Week of October 28th

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	MON	TUES	WED	THURS	FRI
BREAKFAST*	Pancake Stick Pop Tart & Graham	Chicken Ham and Egg Bagel Cereal Bar & Yogurt	Waffles Chocolate Chip Benefit Bar	Pumpkin Spice Donut Pumpkin Overnight Oats	Mini Pancakes Muffin & Cheese Stick
ENTREE	Sweet and Tangy Turkey Sandwich	Parmesan Chicken Flatbread	Walking Taco with Mexican Rice	Chicken Tenders and Pumpkin Muffin square	Spicy Chicken and Nugget Basket
GRILL & PIZZA	Country Fried Steak Sandwich Cheese Pizza	Spicy Chicken Peperoni Pizza	Country Fried Steak Sandwich Cheese Pizza	Spicy Chicken Peperoni Pizza	Country Fried Steak Sandwich Pizza Sticks
EXPRESS	Ham and Cheese Sandwich	Ham Chef Salad with Roll	Ham and Cheese Sandwich	Ham Chef Salad with Roll	Ham and Cheese Sandwich
FRUIT & VEG	French Fries, Red Peppers, Choice of Fruit	Glazed Carrots, Fresh Broccoli, Choice of Fruit	Steamed Corn, Sliced Cucumber, Choice of Fruit	Green Beans, Celery Sticks, Choice of Fruit	Baked Beans, Baby Carrots, Choice of Fruit

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**Daily Options:**  
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Express Cold Packs, Subs, & Salads

**Daily Breakfast:**  
Choice of entrée, Cereal and graham, choice of  
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