



# Cycle Menu 1

## LEGACY HIGH SCHOOL

Weeks of: 1/26, 3/2, 4/6, 5/11

### BREAKFAST\*

### ENTREE

### GRILL & PIZZA

### EXPRESS

### FRUIT&VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Waffles , Coco Puff Cereal with Yogurt	Bacon Egg and Cheese Muffin, Pop Tart with Graham	Waffles, Blueberry NG Bar with String Cheese	Apple Frudel, Honey Cheerios with Graham	Waffles, Pop Tart with String Cheese
ENTREE	Cheeseburger	T. Barbacoa Soft Tacos & Cilantro Rice	Orange Chicken & Rice	French Toast & T. Sausage	Breaded Honey Mustard Chicken Sandwich
GRILL & PIZZA	Cheese Pizza	Spicy Chicken Sandwich	Pepperoni Pizza	Spicy Chicken Sandwich	Specialty Pizza
EXPRESS	Pretzel Power Pack, Daily Salad	Jammer Power Pack, Daily Salad	Pretzel Power Pack, Daily Salad	Fruit Parfait with Graham, Daily Salad	Muffin Power Pack, Daily Salad
FRUIT&VEG	Spiral Fries, Fresh Broccoli, and Choice of Fruit	Black Beans, Red Peppers, and Choice of Fruit	Peas & Carrots, Edamame, and Choice of Fruit	Sweet Potato Fries, Celery Sticks, and Choice of Fruit	Spinach Salad, Baby Carrots, and Choice of Fruit

**Menus are subject to change.**

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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





# CYCLE MENU 2

## LEGACY HIGH SCHOOL

Weeks of: 2/2, 3/9, 4/13, 5/18

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### BREAKFAST\*

### ENTREE

### GRILL & PIZZA

### EXPRESS

### FRUIT & VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Chocolate Breakfast Round, Pop Tart with String Cheese	Mini Pancakes, Coco Puff Bar with Graham	Egg and Bacon Flatbread, Smoothie with Graham	Strawberry Mini Bagels, Golden Graham Bar with Graham	Mini Pancakes, Pop Tart with Graham
ENTREE	Mini Corndogs with Mac & Cheese	Beef Nachos	Country Chicken bowl with Breadstick	Cheesy Baked Penne	Buffalo Chicken Dip Nachos
GRILL & PIZZA	Pepperoni Pizza	Spicy Chicken	Pepperoni Pizza	Spicy Chicken Sandwich	Specialty Pizza
EXPRESS	Pretzel Power Pack, Daily Salad	Jammer Power Pack, Daily Salad	Pretzel Power Pack, Daily Salad	Fruit Parfait with Graham, Daily Salad	Muffin Power Pack, Daily Salad
FRUIT & VEG	Steamed Broccoli, Celery Sticks, and Choice of Fruit	Pinto Beans, Baby Carrots, and Choice of Fruit	Red Pepper Strips, and Choice of Fruit	Green Beans, Sliced Cucumber, Choice of Fruit	Shredded Romaine, Celery Sticks, and Choice of Fruit

**Menus are subject to change.**

Daily fruit options will include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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



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# Cycle Menu 3

## LEGACY HIGH SCHOOL

Weeks of: 1/5, 2/9, 3/16, 4/20,

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### BREAKFAST\*

### ENTREE

### GRILL & PIZZA

### EXPRESS

### FRUIT & VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Blueberry Loaf, Blueberry NG Bar with Graham	Cheesy Egg Breakfast Bowl, Pop Tart with String Cheese	C. Ham Biscuit, Cheerios with Yogurt	Chocolate Crescent, Coco Puff Cereal with Graham	C. Ham Biscuit, Cheerios with Yogurt
ENTREE	Bacon Cheeseburger	Kickin' Bean and Beef Tortilla Bowl	Chicken Penne Alfredo with Breadstick	Honey Stung Chicken with Biscuit	Buffalo Chicken Mac & Cheese
GRILL & PIZZA	Cheese Pizza	Spicy Chicken	Cheese Pizza	Spicy Chicken Sandwich	Specialty Pizza
EXPRESS	Pretzel Power Pack, Daily Salad	Jammer Power Pack, Daily Salad	Pretzel Power Pack, Daily Salad	Fruit Parfait with Graham, Daily Salad	Muffin Power Pack, Daily Salad
FRUIT & VEG	Baked Beans, Coleslaw, Choice of Fruit	Corn, Baby Carrots, and Choice of Fruit	Steamed Broccoli, Spinach Salad, and choice of Fruit	Spiral Fries, Sliced Cucumber, and Choice of Fruit	Baby Carrots, Celery Sticks, and Choice of Fruit

**Menus are subject to change.**

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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

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# Cycle Menu 4

## LEGACY HIGH SCHOOL

Weeks of: 1/12, 2/16, 3/23, 4/27

	MON	TUES	WED	THURS	FRI
<b>BREAKFAST*</b>	Benefit Bar, Trix Cereal with String Cheese	Glazed Donut, Cinn Toast Crunch Bowl with Graham	Cinni Mini, Blueberry NG Bar with Yogurt	Chocolate Donut Holes, Strawberry NG Bar with String Cheese	Maple Waffle, Pop Tart with String Cheese
<b>ENTREE</b>	Chicken Lomein	Turkey Barbacoa Barilla Quesadilla	General Tso's Beef with Rice	Waffles & Sausage	Buffalo Pizza Sticks
<b>GRILL &amp; PIZZA</b>	Pepperoni Pizza	Spicy Chicken	Cheese Pizza	Spicy Chicken	Specialty Pizza
<b>EXPRESS</b>	Pretzel Power Pack, Daily Salad	Jammer Power Pack, Daily Salad	Pretzel Power Pack, Daily Salad	Fruit Parfait with Graham, Daily Salad	Muffin Power Pack, Daily Salad
<b>FRUIT &amp; VEG</b>	Steamed Broccoli, Edamame, and Choice of Fruit	Pinto Beans, Celery, and Choice of Fruit	Steamed Carrots, Fresh Cauliflower, Choice of Fruit	Tater Tots, Celery Sticks, Choice of Fruit	Romain Salad, Baby Carrots, and Choice of Fruit

**Menus are subject to change.**

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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



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# CYCLE MENU 5

## LEGACY HIGH SCHOOL

Weeks of: 1/19, 2/23, 3/30, 5/4

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### BREAKFAST\*

### ENTREE

### GRILL & PIZZA

### EXPRESS

### FRUIT & VEG

	MON	TUES	WED	THURS	FRI
BREAKFAST*	Blueberry Waffle Froot Loop Pouch with Yogurt	Lemon Bread, Lucky Charms Cereal Bowl with Graham	T. Sausage Muffin, Pop Tart with String Cheese	Blueberry Waffle, Blueberry NG Bar with Graham	Benefit Bar, Cinn Toast Crunch Bar with Graham
ENTREE	Chicken Taco with Pineapple Salsa	Chicken Tenders with Garlic Knot and Pizza Ranch	Walking Taco with Mexican Rice	BBQ Pork Rib Sandwich	Spicy Chicken Bite Basket with Bread Stick
GRILL & PIZZA	Spicy Chicken Sandwich	Max Pizza Sticks with Dipping Sauce	Spicy Chicken Sandwich	Cheese Pizza	Specialty Pizza
EXPRESS	Pretzel Power Pack, Daily Salad,	Jammer Power Pack, Daily Salad	Pretzel Power Pack, Daily Salad	Fruit Parfait with Graham, Daily Salad	Muffin Power Pack, Daily Salad
FRUIT & VEG	Corn, Red Pepper Strips, and Choice of Fruit	Roasted Carrots, Fresh Broccoli, and Choice of Fruit	Kickin' Beans, Sliced Cucumber, Choice of Fruit	Baked Beans, Baby Carrots, and Choice of Fruit	Spinach Salad, Celery, Sticks, and Choice of Fruit

**Menus are subject to change.**

Daily fruit options may include a combination of the following: whole apples, oranges, bananas, 4 oz juice, fruit cups, and apple slices. 1 cup of fruit is offered daily for breakfast and lunch.

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

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