



COLUSA HIGH SCHOOL



September 2023 Menu

Items in Red = Scratch Made In Kitchen

All students eat free!

One breakfast and one lunch per day

Second Breakfast Price: \$1.75

Second Lunch Price: 3.35

Adult Breakfast Price: \$4.00

Adult Lunch Price: \$5.75

Menu subject to change.

Everyday Breakfast Options
Menu Items Inside or:
Outside Window
 Muffins (Banana, Blueberry, Chocolate, & Chocolate Chip)
 Pastries (Breakfast bun, Brownie, Buttermilk Bar, & Crumb Cake)

Everyday Lunch Options
Menu Items Inside or:

Outside Window
 Peanut Butter & Jelly & Sports Box

Inside Window
 Spicy Whole Muscle Chicken Sandwich

Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023	Friday, September 1, 2023	Window
Blueberry Bagel & Cream Cheese Cinnamon Apple Pastry	Chilaquiles with Eggs Vanilla Yogurt Fruit Parfait	Bridgford Biscuit & Pork Sausage Patty Plain Bagel & Cream Cheese	Cheddar Jalapeno Bagel Vanilla Yogurt Fruit Parfait	Hash Brown Casserole & English Muffin Parfait or Bagel	Inside
Chicken Nuggets & Spicy Curly Fries French Bread Pizza Meat Free Salad	Sloppy Joe Sandwich with Fries Deli Sandwich Cobb Salad	Chile Cheese Tamale & Beans Cheeseburger Chef Salad	Pasta Bar & Breadstick Galaxy Cheese Pizza Spicy Chicken Green Salad	Oven Fried Chicken & A Cookie Cheeseburger Mixed Salad	Inside Inside Outside
Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	Window
No School LABOR DAY	Breakfast Pizza Vanilla Yogurt Fruit Parfait	Quiche & Bridgford Biscuit Plain Bagel & Cream Cheese	Waffles & Turkey Bacon Vanilla Yogurt Fruit Parfait	Croissant Sandwich, Egg & Cheese Parfait or Bagel	Inside Inside
	Cooks Choice Cooks Choice Cooks Choice	Chicken Taquito & Cilantro Lime Rice Cheeseburger Chef Salad	Nachos Bar & Spanish Rice Galaxy Cheese Pizza Spicy Chicken Green Salad	Big Daddy's Cheese Pizza Cheeseburger Mixed Salad	Inside Inside Outside
Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	Window
Pancake Sausage on a Stick Cinnamon Apple Pastry	Avocado Toast Vanilla Yogurt Fruit Parfait	Breakfast Wrap & Salsa Plain Bagel & Cream Cheese	Pillsbury Biscuit & Homemade Sausage Gravy Vanilla Yogurt Fruit Parfait	Open Breakfast Burrito Parfait or Bagel	Inside Inside
Chicken Strips & Brookie French Bread Pizza Meat Free Salad	Philly Cheesesteak & Waffle Fries Deli Sandwich Cobb Salad	Beef & Cheese Chalupa & Guacamole Cheeseburger Chef Salad	Red Hawk Bowl Bar Galaxy Cheese Pizza Spicy Chicken Green Salad	Baked Sausage Penne & Texas Toast Cheeseburger Mixed Salad	Inside Inside Outside
Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	Window
Cooks Choice Cinnamon Apple Pastry	Homemade French Toast Casserole Vanilla Yogurt Fruit Parfait	Breakfast Pizza Plain Bagel & Cream Cheese	Cheesy Potato Breakfast Bake & English Muffin Vanilla Yogurt Fruit Parfait	Breakfast Tornado Parfait or Bagel	Inside Inside
Bacon Wrapped Hot Dog French Bread Pizza Meat Free Salad	Turkey Bacon Western Cheeseburger Deli Sandwich Cobb Salad	Verde Pork Quesadilla & Pico de Gallo Cheeseburger Chef Salad	Baked Potato Bar & Texas Toast Galaxy Cheese Pizza Spicy Chicken Green Salad	Mandarin Orange Chicken & Rice Cheeseburger Mixed Salad	Inside Inside Outside
Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	Window
Roasted Potatoes & Turkey w/ Tortilla Cinnamon Apple Pastry	Pillsbury Biscuit & Bacon EggStravaganza Vanilla Yogurt Fruit Parfait	Fiesta Breakfast Calzone Plain Bagel & Cream Cheese	Pancake Bites & Hashbrown Vanilla Yogurt Fruit Parfait	Breakfast Quesadilla Parfait or Bagel	Inside Inside
Macaroni & Cheese & Glazed Chicken Wing French Bread Pizza Meat Free Salad	Crispy Chicken Sandwich with Fries Deli Sandwich Cobb Salad	Tamale Pie & Fruit Sorbet Cheeseburger Chef Salad	Deli Sandwich Bar Galaxy Cheese Pizza Spicy Chicken Green Salad	Jambalaya & Brownie Cheeseburger Mixed Salad	Inside Inside Outside

Daily Fruit & Vegetable Options Breakfast: Fresh apples, applesauce, citrus fruit, frozen fruit cup, raisins/craisins, bananas, 100% fruit juice & canned fruit **Condiments:** ranch, Italian, mayonnaise, mustard, ketchup, relish, taco sauce, hot sauce, & bbq sauce
LUNCH EVERYDAY: Baby carrots, celery, cucumbers, dark leafy greens, garbanzo beans, green peas, & kidney beans **MONDAY:** Melons/kiwis, broccoli, cherry tomatoes, black beans, cauliflower, corn, & tossed green ranch salad
TUESDAY: Stone fruit/Persimmon, romaine lettuce, tomato slices, black beans, pepperoncini, onions, pickles, jalapenos, & coleslaw/broccoli slaw **WEDNESDAY:** Berries/grapes, cilantro, salsa, pinto beans, sour cream, radishes, & elote (corn) salad
THURSDAY: Bananas/grapes, romaine lettuce, bell peppers, pinto beans, olives, corn/jicama, & Caesar salad **FRIDAY:** Assortment of fruit, mixed salad, bean mix, strawberry spinach salad



LOCAL BEEF FROM STEGALL CATTLE COMPANY IN THE FOLLOWING ITEMS:
 ALL BURGERS (HAND PRESSED)
 PHILLY CHEESESTEAK
 TAMALES

THIS SCHOOL YEAR WE ARE FOCUSING ON IMPLEMENTING MORE SCRATCH COOKING AND INCORPORATING LOCAL PRODUCTS.
 WE WISH TO PROVIDE YOUR CHILDREN WITH RAW PROTEINS, WHOLE GRAINS, AND FRESH FRUITS AND VEGETABLES THAT
 CREATE NUTRITIOUS AND DELICIOUS MEALS.



This institute is an equal opportunity provider.