

SPEEDWAY

SEQUOIA UNION HIGH SCHOOL DISTRICT
FOOD SERVICES DEPARTMENT

2021-2022

**ALL MEALS ARE CURRENTLY
FREE FOR ALL STUDENTS
THIS SCHOOL YEAR**

BE PREPARED TO PROVIDE
STUDENT NAME, STUDENT ID #

- ❖ Students may take one free Grab'n Go breakfast meal AND one free lunch meal per school day
- ❖ Students will wear masks while waiting in line for meals and maximize physical distance as much as possible while eating (especially indoors)
- ❖ Hand hygiene before and after meals will be encouraged
- ❖ Frequently touched surfaces will be cleaned and sanitized before and after meal service periods
- ❖ Food may be brought from home but students should not share food items
- ❖ Water bottles may be brought to school and refilled at water stations

FOOD SERVICE INFORMATION
www.suhsdfoodservice.org

FREE & REDUCED MEAL APPLICATIONS
www.seq.org/food

*Whole grains, fresh fruit, juice & milk
are part of every Grab'n Go meal*

BREAKFAST Express

*Grab'n Go meals are available before school
OR during brunch to all students*

MONDAY: BeneFit Bar

TUESDAY: Cold Cereal

WEDNESDAY: Bagel

THURSDAY: Cinnamon Bun

FRIDAY: PB&J Jamwich



FRUITS & VEGGIES



Fruit & Veggie options subject to availability

- Seasonal Fresh Fruit
- Fruit Cup / 100% Juice Carton
- Trail Mix / Raisin Box
- Hot Vegetable
- Lettuce Pack / Side Salad
- Mini Carrots
- Three Bean Salad



*All meals served with choice of
1% White Milk or Fat Free Chocolate Milk*

This institution is an equal opportunity employer and provider

THE PIT LUNCH MENU

YOUR FAVORITE MAIN LINE MEALS

Check the website for upcoming weekly menus

MONDAY: The Grill

TUESDAY: Asian Fusion

WEDNESDAY: Express Mex

THURSDAY: Italian Kitchen

FRIDAY: Cook's Choice Café

Hot Express

- Spicy Chicken Sandwich
- Cheeseburger 
- Bean & Cheese Burrito

Pizza Express

- Mini Pepperoni Pizza 
- Cheese Bosco Stix

Cold Express

- Specialty Salad
- Garden Salad 
- Deli Sandwich

MENUS ARE SUBJECT TO CHANGE