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

THE PIT STOP 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*

Effective 09/11/2021