Grossmont Union High School District

FEBRUARY

Menus are subject to change without notice.

Offer VS Serve

College Prep Middle School Breakfast Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Yogurt w/Graham Crackers Apple Wild Cherry Juice 1% LowFat White Milk / White Skim Milk	3 Protein Box (2 Boiled Eggs, Cheese, Crackers & Organic Fruit) Grape Juice FF Chocolate Milk /1% LowFat White Milk	4 Pancakes Poffitz Apple Slices Orange Juice 1% LowFat White Milk / White Skim Milk	5 Overnight Oats w/Frozen Berries Pear Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	6 Cereal Applesauce Grape Juice 1% LowFat White Milk / White Skim Milk
9 *Holiday*	10 Pancakes Orange Grape Juice FF Chocolate Milk /1% LowFat White Milk	11 Bagel w/Cream Cheese Apple Slices Orange Juice 1% LowFat White Milk / White Skim Milk	12 Waffle Pear Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	13 Yogurt w/Graham Crackers Appleauce Grape Juice 1% LowFat White Milk / White Skim Milk
16 *Holiday*	17 Overnight Oats w/Frozen Berries Orange Grape Juice FF Chocolate Milk /1% LowFat White Milk	18 Yogurt w/Graham Crackers Apple Slices Orange Juice 1% LowFat White Milk / White Skim Milk	19 Bagel w/Cream Cheese Pear Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	20 Waffle Applesauce Grape Juice 1% LowFat White Milk / White Skim Milk
23 Bagel w/Cream Cheese Apple Wild Cherry Juice 1% LowFat White Milk / White Skim Milk	24 Pancakes Poffitz Orange Grape Juice FF Chocolate Milk /1% LowFat White Milk	25 Waffle Apple Slices Orange Juice 1% LowFat White Milk / White Skim Milk	26 Protein Box (2 Boiled Eggs, Cheese, Crackers & Organic Fruit) Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	27 Cereal Applesauce Grape Juice 1% LowFat White Milk / White Skim Milk

Warning: Our school food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

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College Prep Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Regular Chicken Sandwich Spicy Chicken Sandwich Grapes Carroteenies /Jicama Sticks w/Tajin Wild Cherry Juice 1% LowFat White Milk / White Skim Milk	**3** Oven Fried Chicken Drumstick & Mac&Cheese Sliced Apples Beans/ CucumberSlices w/Tajin Grape Juice FF Chocolate Milk /1% LowFat White Milk	**4** Cheeseburger Pear Salad Cup w/ Dressing 3-Bean Veggie Chili Orange Juice 1% LowFat White Milk / White Skim Milk	**5** Cali Burrito Applesauce CarrotCelerySticks w/Dip Lettuce & Tomato Cup Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	**6** Mozz Bread Stick w/Buffalo Nuggets Orange Marinara Sauce Corn Grape Juice 1% LowFat White Milk / White Skim Milk
9 *Holiday*	**10** Regular Chicken Sandwich Spicy Chicken Sandwich Sliced Apples Beans/ CucumberSlices w/Tajin Grape Juice FF Chocolate Milk /1% LowFat White Milk	**11** Halal HotDog w/TaterTots Pear 3-Bean Veggie Chili Jicama Sticks w/ Tajin Orange Juice 1% LowFat White Milk / White Skim Milk	**12** Orange Chicken with Rice Applesauce CarrotCelerySticks w/Dip Lettuce & Tomato Cup Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	**13** Bean and Cheese Burrito Orange Carroteenies w/Dip Corn Grape Juice 1% LowFat White Milk / White Skim Milk
16 *Holiday*	**17** (Chicken or Cheese) Tamale & Rice Sliced Apples Beans/ CucumberSlices w/Tajin Grape Juice FF Chocolate Milk /1% LowFat White Milk	**18** Mozz Bread Stick w/Chicken Nuggets Pear 3-Bean Veggie Chili Salad Cup w/ Dressing Orange Juice 1% LowFat White Milk / White Skim Milk	**19** Teriyaki Dippers & Rice Applesauce CarrotCelerySticks w/Dip Lettuce & Tomato Cup Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	**20** Cheeseburger Orange Carroteenies w/Dip Corn Grape Juice 1% LowFat White Milk / White Skim Milk
23 Boneless Chicken Wings w/ Tots Grapes Carroteenies /Jicama Sticks w/Tajin Wild Cherry Juice 1% LowFat White Milk / White Skim Milk	**24** Bean and Cheese Burrito Sliced Apples Lettuce & Tomato CucumberSlices w/Tajin Grape Juice FF Chocolate Milk /1% LowFat White Milk	**25** MeatlessRotiniPasta & CheesyBreadStick Pear 3-Bean Veggie Chili Salad Cup w/ Dressing Orange Juice 1% LowFat White Milk / White Skim Milk	**26** Teriyaki Chicken w/Rice Applesauce CarrotCelerySticks w/Dip Lettuce & Tomato Cup Wild Cherry Juice FF Chocolate Milk /1% LowFat White Milk	**27** Hot Pocket Fiestada Beef Orange Carroteenies w/Dip Corn Grape Juice 1% LowFat White Milk / White Skim Milk

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