

# EL RANCHO HIGH SCHOOL BREAKFAST MENU 2023/2024

8/30/2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISH (1)</b>	<b>MAIN DISH (1)</b>	<b>MAIN DISH (1)</b>	<b>MAIN DISH (1)</b>	<b>MAIN DISH (1)</b>
Bagel w/Cream Cheese Mini Cinnis	Bagel w/Cream Cheese Mini Cinnis	Bagel w/Cream Cheese Mini Cinnis	Bagel w/Cream Cheese Mini Cinnis	Bagel w/Cream Cheese Mini Cinnis
Cold Cereal w/Breakfast Bread Mini French Toast	Cold Cereal w/Breakfast Bread Mini French Toast	Cold Cereal w/Breakfast Bread Mini French Toast	Cold Cereal w/Breakfast Bread Mini French Toast	Cold Cereal w/Breakfast Bread Mini French Toast
Pan Dulce	Pan Dulce	Pan Dulce	Pan Dulce	Pan Dulce
Chorizo & Egg Burrito Breakfast Pizza Mini Waffles	Chorizo & Egg Burrito Breakfast Pizza Mini Waffles	Chorizo & Egg Burrito Breakfast Pizza Mini Waffles	Chorizo & Egg Burrito Breakfast Pizza Mini Waffles	Chorizo & Egg Burrito Breakfast Pizza Mini Waffles
Oatmeal w/Breakfast Bread Chocolate Chip Muffin Blueberry Muffin Fruit Frudel	Oatmeal w/Breakfast Bread Chocolate Chip Muffin Blueberry Muffin Fruit Frudel	Oatmeal w/Breakfast Bread Chocolate Chip Muffin Blueberry Muffin Fruit Frudel	Oatmeal w/Breakfast Bread Chocolate Chip Muffin Blueberry Muffin Fruit Frudel	Oatmeal w/Breakfast Bread Chocolate Chip Muffin Blueberry Muffin Fruit Frudel
Yogurt w/Breakfast Bread	Yogurt w/Breakfast Bread Fruit and Yogurt Parfait w/Granola	Yogurt w/Breakfast Bread	Yogurt w/Breakfast Bread Fruit and Yogurt Parfait w/Granola	Yogurt w/Breakfast Bread

**SIDES (2)**

- Fresh Apple (1/2 C)
- Fresh Banana (1/2C)
- Fresh Orange (1/2C)
- Assorted Juice (1/2 C)
- Canned Fruit (1/2 C)

**SIDES (2)**

- Fresh Apple (1/2 C)
- Fresh Banana (1/2C)
- Fresh Orange (1/2C)
- Assorted Juice (1/2 C)
- Canned Fruit (1/2 C)

**SIDES (2)**

- Fresh Apple (1/2 C)
- Fresh Banana (1/2C)
- Fresh Orange (1/2C)
- Assorted Juice (1/2 C)
- Canned Fruit (1/2 C)

**SIDES (2)**

- Fresh Apple (1/2 C)
- Fresh Banana (1/2C)
- Fresh Orange (1/2C)
- Assorted Juice (1/2 C)
- Canned Fruit (1/2 C)

**SIDES (2)**

- Fresh Apple (1/2 C)
- Fresh Banana (1/2C)
- Fresh Orange (1/2C)
- Assorted Juice (1/2 C)
- Canned Fruit (1/2 C)

**MILK CHOICE (1)**

- Fat Free Choc. Milk
- 1% White Milk

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- Fat Free Choc. Milk
- 1% White Milk

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- Fat Free Choc. Milk
- 1% White Milk

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- Fat Free Choc. Milk
- 1% White Milk

**MILK CHOICE (1)**

- Fat Free Choc. Milk
- 1% White Milk

**Pick 1 item from "Main Dish"**

**Pick up to 2 "Sides"**

**Choose 1 Milk**

**ALL STUDENTS EAT AT NO COST**

**Menus are subject to change**

**This Institution, USDA and the CDE are equal opportunity providers and employers.**

# EL RANCHO HIGH SCHOOL WEEKLY LUNCH MENU

2023/2024

## MENU ITEMS OFFERED IN SNACK SHACK

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Main Dish (1)</b>	<b>Main Dish (1)</b>	<b>Main Dish (1)</b>	<b>Main Dish (1)</b>	<b>Main Dish (1)</b>
Spicy Chicken on a Bun	Spicy Chicken on a Bun	Spicy Chicken on a Bun	Spicy Chicken on a Bun	Spicy Chicken on a Bun
Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese
Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito
Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)
PB&J Sandwich	PB&J Sandwich	PB&J Sandwich	PB&J Sandwich	PB&J Sandwich
<b>SIDES (2)</b>	<b>SIDES (2)</b>	<b>SIDES (2)</b>	<b>SIDES (2)</b>	<b>SIDES (2)</b>
Side Salad (1/2 CDGV )	Side Salad (1/2 CDGV )	Side Salad (1/2 CDGV )	Side Salad (1/2 CDGV )	Side Salad (1/2 CDGV )
Baby Carrots (1/2 C)	Baby Carrots (1/2 C)	Baby Carrots (1/2 C)	Baby Carrots (1/2 C)	Baby Carrots (1/2 C)
Frozen Fruit Cup (1/2C)	Frozen Fruit Cup (1/2C)	Frozen Fruit Cup (1/2C)	Frozen Fruit Cup (1/2C)	Frozen Fruit Cup (1/2C)
Fruit Cup (1/2C)	Fruit Cup (1/2C)	Fruit Cup (1/2C)	Fruit Cup (1/2C)	Fruit Cup (1/2C)
Assorted Juice (1/2 C)	Assorted Juice (1/2 C)	Assorted Juice (1/2 C)	Assorted Juice (1/2 C)	Assorted Juice (1/2 C)
<b>MILK CHOICE (1)</b>	<b>MILK CHOICE (1)</b>	<b>MILK CHOICE (1)</b>	<b>MILK CHOICE (1)</b>	<b>MILK CHOICE (1)</b>
Fat Free Choc. Milk	Fat Free Choc. Milk	Fat Free Choc. Milk	Fat Free Choc. Milk	Fat Free Choc. Milk
1% White Milk	1% White Milk	1% White Milk	1% White Milk	1% White Milk
<b>CONDIMENTS</b>	<b>CONDIMENTS</b>	<b>CONDIMENTS</b>	<b>CONDIMENTS</b>	<b>CONDIMENTS</b>
Catsup	Catsup	Catsup	Catsup	Catsup
Mustard	Mustard	Mustard	Mustard	Mustard
Mayonnaise	Mayonnaise	Mayonnaise	Mayonnaise	Mayonnaise
Taco Sauce	Taco Sauce	Taco Sauce	Taco Sauce	Taco Sauce
Salad Dressing	Salad Dressing	Salad Dressing	Salad Dressing	Salad Dressing

**Menus are subject to change**  
**ALL STUDENTS EAT AT NO COST**  
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**EL RANCHO HIGH SCHOOL  
DONS DINING ROOM  
BUFFET LINE  
2023/2024**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK #1</b>				
Chili Cheese Fries Green Beans	Mini Cheese Burgers Oven Fries	Chicken Burger Lettuce/Pickle Broccoli	Taco or Homemade Burrito w/Ground Beef or Pork Meat Beans Lettuce w/Cheese Salsa/Jalapeños	Taco Nada or Pizza Mixed Veggies
A	B	C	D	E
<b>WEEK #2</b>				
Chicken Nuggets Mashed Potatoes Dinner Roll Corn	Orange or Teriyaki Chicken Rice Broccoli	Managers Choice	Beef or Pork & Bean Nachos Lettuce Cheese Sour Cream Guacamole Tomatoes Salsa/Jalapeños	Spaghetti w/Meat Sauce French Bread or Calzone Green Beans
F	G	H	I	J
<b>WEEK #3</b>				
DONS Burger Oven Fries Lettuce/Pickle	Spicy Chicken Burger Chips Lettuce/Pickle	Soft or Hard Shell Beef or Chicken Taco Beans Lettuce Cheese Sour Cream Salsa/Jalapeños	Turkey or Chicken & Gravy Mashed Potatoes Dinner Roll Mixed Veggies	Cheeseburger Lettuce/Pickle Oven Fries
K	L	M	N	O

**Baby Carrots, Green Salad, Cucumbers, Juice, Fresh Fruit and Cupped Fruit are Offered Everyday at Lunch**

**A Choice of Low Fat White or Non-Fat Chocolate Milk is Offered @ Every Meal**

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# EL RANCHO HIGH SCHOOL WEEKLY LUNCH MENU 2023/2024

## MENU ITEMS OFFERED IN SPEEDZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Dish (1)</b> Chicken Patty on a Bun	<b>Main Dish (1)</b> Chicken Patty on a Bun	<b>Main Dish (1)</b> Chicken Patty on a Bun	<b>Main Dish (1)</b> Chicken Patty on a Bun	<b>Main Dish (1)</b> Chicken Patty on a Bun
Chicken Patty on a Bun w/Cheese	Chicken Patty on a Bun w/Cheese	Chicken Patty on a Bun w/Cheese	Chicken Patty on a Bun w/Cheese	Chicken Patty on a Bun w/Cheese
Cheeseburger on a Bun	Cheeseburger on a Bun	Cheeseburger on a Bun	Cheeseburger on a Bun	Cheeseburger on a Bun
Taco Nada	Taco Nada	Taco Nada	Taco Nada	Taco Nada
Spicy Chicken on a Bun	Spicy Chicken on a Bun	Spicy Chicken on a Bun	Spicy Chicken on a Bun	Spicy Chicken on a Bun
Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese	Spicy Chicken on a Bun w/Cheese
Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito	Bean & Cheese Burrito
Pepperoni Calzone	Pepperoni Calzone	Pepperoni Calzone	Pepperoni Calzone	Pepperoni Calzone
Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)	Pepperoni Pizza (1/8 C ROV)
Mini Cheeseburgers	Mini Cheeseburgers	Mini Cheeseburgers	Mini Cheeseburgers	Mini Cheeseburgers
Toasted Cheese	Toasted Cheese	Toasted Cheese	Toasted Cheese	Toasted Cheese
Jamwich	Jamwich	Jamwich	Jamwich	Jamwich
Large Salad	Large Salad	Large Salad	Large Salad	Large Salad
Turkey Ham & Cheese Sub	Turkey Ham & Cheese Sub	Turkey Ham & Cheese Sub	Turkey Ham & Cheese Sub	Turkey Ham & Cheese Sub
Deli Grab n Go's	Deli Grab n Go's	Deli Grab n Go's	Deli Grab n Go's	Deli Grab n Go's
<b>SIDES (2)</b>	<b>SIDES (2)</b>	<b>SIDES (2)</b>	<b>SIDES (2)</b>	<b>SIDES (2)</b>
Corn (1/2C)	Side Salad (1/2 CDGV)	Side Salad (1/2 CDGV)	Pinto Beans (1 CVLG)	Green Beans (1/2 COV)
Side Salad (1/2 CDGV)	Baby Carrots (1/2 C)	Baby Carrots (1/2 C)	w/Tortilla Chips (1.5 GB)	Side Salad (1/2 CDGV)
Baby Carrots (1/2 C)	Fresh Apple (1/2 C)	Cucumbers (1/2 OV)	Side Salad (1/2 CDGV)	Baby Carrots (1/2 C)
Cucumbers (1/2 OV)	Fresh Banana (1/2C)	Fresh Apple (1/2 C)	Baby Carrots (1/2 C)	Cucumbers (1/2 OV)
Fresh Apple (1/2 C)	Fresh Orange (1/2C)	Fresh Banana (1/2C)	Fresh Apple (1/2 C)	Fresh Apple (1/2 C)
Fresh Banana (1/2C)	Frozen Fruit Cup (1/2C)	Fresh Orange (1/2C)	Fresh Banana (1/2C)	Fresh Banana (1/2C)
Fresh Orange (1/2C)	Canned Fruit (1/2 C)	Frozen Fruit Cup (1/2C)	Fresh Orange (1/2C)	Fresh Orange (1/2C)
Frozen Fruit Cup (1/2C)	Assorted Juice (1/2 C)	Canned Fruit (1/2 C)	Frozen Fruit Cup (1/2C)	Frozen Fruit Cup (1/2C)
Canned Fruit (1/2 C)	<b>MILK CHOICE (1)</b> Assorted Juice (1/2 C)	Assorted Juice (1/2 C)	Canned Fruit (1/2 C)	Canned Fruit (1/2 C)
Assorted Juice (1/2 C)	Fat Free Choc. Milk	<b>MILK CHOICE (1)</b> Fat Free Choc. Milk	Assorted Juice (1/2 C)	Assorted Juice (1/2 C)
<b>MILK CHOICE (1)</b> Fat Free Choc. Milk	1% White Milk	Fat Free Choc. Milk	<b>MILK CHOICE (1)</b> Fat Free Choc. Milk	<b>MILK CHOICE (1)</b> Fat Free Choc. Milk
Fat Free Choc. Milk	<b>CONDIMENTS</b> 1% White Milk	1% White Milk	Fat Free Choc. Milk	Fat Free Choc. Milk
1% White Milk	<b>CONDIMENTS</b> Catsup	<b>CONDIMENTS</b> 1% White Milk	1% White Milk	1% White Milk
<b>CONDIMENTS</b> Catsup/Mustard	Mustard	<b>CONDIMENTS</b> Catsup	<b>CONDIMENTS</b> Catsup	<b>CONDIMENTS</b> Catsup/Mustard
Mayonnaise	Mayonnaise	Mustard	Catsup/Mustard/Mayonnaise	Mayonnaise
Taco Sauce	Taco Sauce	Mayonnaise	Taco Sauce	Taco Sauce
Salad Dressing	Salad Dressing	Taco Sauce	Salad Dressing	Salad Dressing

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