

# 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 AND one free lunch meal per school day
- ❖ Grab'n Go Meals including fruit/vegetable will be individually wrapped and packaged
- ❖ Students will maintain physical distancing while waiting in line for meals and when eating indoors
- ❖ Food may be brought from home but students may not share food items
- ❖ Hand-operated water fountains will be disabled. Water bottles may be brought to school and refilled at water stations

FOOD SERVICE INFORMATION  
[www.suhsdfoodservice.org](http://www.suhsdfoodservice.org)

FREE & REDUCED MEAL APPLICATIONS  
[www.seq.org/food](http://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: Hot Savory  
Breakfast**

**WEDNESDAY: Bagel** with Cream  
cheese, peanut Butter or No Nut Chocolate  
Butter

**THURSDAY: Cinnamon Bun**

**FRIDAY: PB&Jamwich or  
Pan Dulce**



*Fruit & Veggie options subject to availability*

- Seasonal Fresh Fruit
- Fruit Cup / 100% Juice Carton
- Cranberries / Raisin Box
- Hot Vegetable with entrée special
- Lettuce Pack / Side Salad
- Mini Carrots

 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**

*Pop Up Special Weekly see  
site for details*

**MONDAY: The American**

**TUESDAY: Asian Fusion**

**WEDNESDAY: Express Mex**

**THURSDAY: Italian Kitchen\***

**FRIDAY: Cook's Choice Café**

## Hot Express

Specialty Chicken Sandwich

Specialty Burgers  
*\*Gluten Free buns available\**



Bean & Cheese Burrito

Cheesy Bread Stix with Marinara

New York Pizza: choice of  
Cheese or Pepperoni



*See your school for the day of the week*

*Gluten Free Lunch Items: Hummus with  
veggie sticks & GF Bagel, \*GF buns burgers &  
pasta (pre-ordered special based on medical need)*

## House Express

Specialty Salads weekly

Garden Salad



Deli & Veggie Sandwiches  
*weekly Turkey, Ham, Tuna and Veggie*

**\*MENUS ARE SUBJECT TO CHANGE\***