

Piedmont High School Menu

October 4th to 8th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SIDES

**A MINIMUM OF 3 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

FAVORITES

MONDAY	Cheese Ravioli offered with Green Beans and a Breadstick
TUESDAY	See SALSA
WEDNESDAY	Sweet n Sour Chicken offered with Brown Rice, Broccoli & Carrots
THURSDAY	See SALSA
FRIDAY	Chicken Tenders offered with a Freshly Baked Roll, Mixed Vegetables & Whipped Potatoes & Gravy

Daily Special & Everyday

GRILL

MONDAY	See PIZZA
TUESDAY	Chicken Nuggets offered with French Fries
WEDNESDAY	See PIZZA
THURSDAY	See PIZZA
FRIDAY	Rib-b-que or Spicy Chicken Sandwich offered with French Fries

Daily Special & Everyday

PIZZA

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

MONDAY	Sausage or Cheese Pizza
TUESDAY	See GRILL
WEDNESDAY	Jalapeno Popper or Pepperoni Pizza
THURSDAY	Mini Meat Lover's Calzone
FRIDAY	See GRILL

SALSA

MONDAY	See FAVORITES
TUESDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
WEDNESDAY	See FAVORITES
THURSDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
FRIDAY	See FAVORITES

Daily Specials

FAST TAKES

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	Crispy Chicken Wrap
TUESDAY	Chef Salad
WEDNESDAY	Chef Salad
THURSDAY	Turkey & Cheese Sub
FRIDAY	Turkey & Cheese Sub

Vegetarian

Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.



Nutrition Information is available upon request.



Piedmont High School Menu

October 11th to 15th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SIDES

**A MINIMUM OF 3 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

FAVORITES

MONDAY	See SALSA
TUESDAY	Chicken Pot Pie offered with Roasted Squash & Zucchini
WEDNESDAY	See SALSA
THURSDAY	French Toast Sticks, Scrambled Eggs & Sausage Links offered with Sweet Potato Fries
FRIDAY	No School-FALL BREAK

Daily Special & Everyday

GRILL

MONDAY	Cheeseburger or Crispy Chicken offered with Tater Tots
TUESDAY	See PIZZA
WEDNESDAY	Chicken Tenders offered with Sweet Potato Fries
THURSDAY	Hamburger or Spicy Chicken Sandwich offered with Potato Wedges
FRIDAY	No School-FALL BREAK

PIZZA

Daily Special & Everyday

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

MONDAY	See GRILL
TUESDAY	Personal Pepperoni Pizza
WEDNESDAY	See GRILL
THURSDAY	See GRILL
FRIDAY	No School-FALL BREAK

SALSA

Daily Specials

MONDAY	Chicken Nachos or Tacos offered with Refried Beans
TUESDAY	See FAVORITES
WEDNESDAY	Beef Enchilada or Chicken Nachos offered with Refried Beans
THURSDAY	See FAVORITES
FRIDAY	No School-FALL BREAK

FAST TAKES

Daily Special & Everyday

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	Crispy Chicken Wrap
TUESDAY	Crispy Chicken Wrap
WEDNESDAY	Chef Salad
THURSDAY	Chef Salad
FRIDAY	No School-FALL BREAK



Vegetarian



Mindful

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Piedmont High School Menu

October 18th to 22nd

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SIDES

**A MINIMUM OF 3 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

FAVORITES

MONDAY	No School-FALL BREAK	V
TUESDAY	No School-FALL BREAK	V
WEDNESDAY	See SALSA	
THURSDAY	See SALSA	
FRIDAY	Chicken Tenders offered with Mashed Potatoes & Gravy, Green Beans and Dinner Roll	

Daily Special

GRILL

MONDAY	No School-FALL BREAK
TUESDAY	No School-FALL BREAK
WEDNESDAY	Chicken Tenders offered with Dinner Roll & Sweet Potato Fries
THURSDAY	Hamburger or Spicy Chicken Sandwich & Potato Wedges
FRIDAY	See PIZZA

Daily Special & Everyday

PIZZA

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

MONDAY	No School-FALL BREAK
TUESDAY	No School-FALL BREAK
WEDNESDAY	See GRILL
THURSDAY	See GRILL
FRIDAY	Jalapeno Popper or Pepperoni Pizza

SALSA

Daily Specials

MONDAY	No School-FALL BREAK
TUESDAY	No School-FALL BREAK
WEDNESDAY	Chicken Nachos or Chicken Enchilada Suiza offered with Refried Beans
THURSDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
FRIDAY	See FAVORITES

FAST TAKES

Daily Specials & Everyday

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	No School-FALL BREAK
TUESDAY	No School-FALL BREAK
WEDNESDAY	Chicken Bacon Ranch Wrap
THURSDAY	Chicken Bacon Ranch Wrap
FRIDAY	Protein Power Pack(V)

V Vegetarian

Mindful

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CROSSROADS
CAFE
by **sodexo**

Piedmont High School Menu

October 25th to 29th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

SIDES

**A MINIMUM OF 3 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

FAVORITES

MONDAY	Asian Meatballs with Lo Mein, Steamed Broccoli & Egg Roll	
TUESDAY	See SALSA	
WEDNESDAY	See SALSA	
THURSDAY	Frito Chili Pie offered with Golden Corn	V
FRIDAY	Popcorn Chicken Bowl offered with Green Beans and Dinner Roll	

Daily Special & Everyday

GRILL

MONDAY	See PIZZA
TUESDAY	Chicken Nuggets offered with Dinner Roll & French Fries
WEDNESDAY	See PIZZA
THURSDAY	Cheeseburger or Crispy Chicken Sandwich offered with Potato Wedges
FRIDAY	See PIZZA

PIZZA

Daily Special & Everyday

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

MONDAY	Italian Sausage or Cheese Pizza
TUESDAY	See GRILL
WEDNESDAY	Jalapeno Popper or Cheese Pizza
THURSDAY	See GRILL
FRIDAY	Cheeseburger or Pepperoni Pizza

SALSA

Daily Specials

MONDAY	See FAVORITES
TUESDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
WEDNESDAY	Chicken Nachos or Beef Enchiladas offered with Refried Beans
THURSDAY	See FAVORITES
FRIDAY	See FAVORITES

FAST TAKES

Daily Specials & Everyday

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	Chef Salad
TUESDAY	Chef Salad
WEDNESDAY	Ham & Cheese Sub
THURSDAY	Ham & Cheese Sub
FRIDAY	Protein Power Pack(V)

V Vegetarian

Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.

Nutrition Information is available upon request.

CROSSROADS
CAFE
by **sodexo**



Piedmont Schools Breakfast Menu

OCT 2021

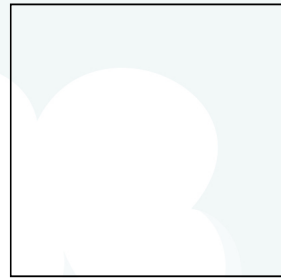
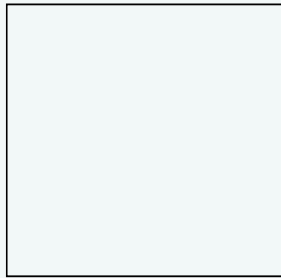
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Breakfast Pizza
Yogurt
Pop Tart
Fresh Orange

4

Sausage Biscuit
Yogurt
Applesauce

5

Whole Grain Bagel
Blueberry Muffin
Diced Peaches

6

French Toast Sticks
Yogurt
Fresh Apple

7

Honey Glazed Chicken
Biscuit
Chocolate Muffin
Banana

8

Cinnamon Roll
Yogurt
Raisins

Variety of fat free and low fat milk are offered daily

11

American Breakfast
Sandwich
Yogurt
Raisins

12

Pancakes
Yogurt
Diced Peaches

13

Oatmeal Round
Yogurt
Oranges

14

Breakfast Taco Roll
Yogurt
Fresh Orange

15

No School
FALL BREAK

Variety of Cereal Offered Daily

18

No School
FALL BREAK

19

No School
FALL BREAK

20

Banana Muffin
Yogurt
Baked Cinnamon
Apples

21

Egg & Cheese Biscuit
Yogurt
Oranges

22

Oatmeal Round
Yogurt
Raisins

Make healthy choices!

25

Mini Cinnamon Bagels
Chocolate Muffin
Mixed Fruit

26

Bacon Scramble
Breakfast Pizza
Raisins

27

French Toast Sticks
Fresh Banana

28

Biscuit & Sausage
Gravy
Diced Peaches

29

Blueberry Mini Waffles
Applesauce

Menu subject to change based on product availability

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