



**BARRY GOLDWATER**  
*High School*

## CAFETERIA LUNCH MENU

### **Every Meal Must Have a Fruit and/or Vegetable**

**Every meal comes with an optional beverage cup at no additional charge**

#### **Fiesta Bar ~ \$3.50**

**(approx. 32 tortilla chips, 8 oz. scoop for beans, 16 oz. scoop for meat**

Choice of **1 item** –Fiesta Nachos **or** 2 6” Tacos **or** 1 10” burrito

Refried beans, taco meat, shredded cheese, lettuce, sour cream

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice  
(Nacho cheese cup is \$.50 extra charge)

#### **Sandwich Combo Meal ~ \$3.25**

**(w/g Holsum bun)**

Choice of **1 entrée** – cheese burger, spicy chicken sandwich, breaded chicken sandwich or Chick o sandwich on whole grain white bun

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice  
Optional bag of baked chips is included for no charge

#### **Pizza Combo Meal ~ \$3.25**

Entrée – **1 slice** of vendor cheese or pepperoni pizza

**Side choices:** Apple Slices, Fruit cup, Side Salad, Vegetable of the day, Milk, Juice

Optional bag of baked chips is included for no charge

**Extra slice of pizza ~ \$2.25**

#### **Chicken Caesar Salad ~ \$3.50**

**(4 oz. romaine, 4 oz. grilled chicken, 1 dinner roll, 1 cheddar fish pkt.)**

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice

#### **Crispy Chicken Salad ~ \$3.50**

**(4 oz. romaine, 1 regular breaded chicken patty, 1 pkt cheddar fish)**

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice

#### **Oriental Bar ~ \$3.50**

**(6 oz. Spoodle/meat 8 oz. rounded scoop/rice)**

**Mon thru Fri – Orange Chicken with brown rice – whole grain noodles offered on alternate days**

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice

For more information contact BGHS Cafeteria manager: Laura Sharp (623) 445-3014 [laura.sharp@dvusd.org](mailto:laura.sharp@dvusd.org)

This institution is an equal opportunity provider



**Deli bar Combo Meal ~ \$3.50**

**Choice of: (2 slices wheat bread, 1 w/g croissant, 1 pretzel roll, 1 w/g sub roll, 1 flat bread)**

**1 sandwich** on choice of bread

Ham, turkey, American cheese, lettuce, tomatoes, pickles, olives, pepperoncini's, onions, carrots, celery (some items are seasonal and subject to availability)

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice

Optional bag of baked chips is included for no charge

**Salad Bar (at the Deli Bar) ~ \$3.50**

**(Tongs, serving spoons)**

Cut Romaine lettuce with a variety of fresh veggies/fruit/meat and grain options offered daily. Some items are seasonal and subject to availability.

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice

**Chicken Box Combo Meal ~ \$3.50**

**Entrée** – 1 box with 3 chicken tenders, 1/2cup of mashed potatoes & gravy, 1 wheat dinner roll

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice

**Self Serve Bar Combo Meal ~ \$3.50**

**Rotating Menu (4 oz. Spoodles or large serving spoons, tongs)**

**(Daily menus are subject to availability and are subject to change without notice)**

**Monday** – Italian – Alternating Entrees:

Spaghetti & meat sauce, salad, dinner roll

Spaghetti & Meatballs

**Tuesday** – Build your own Burger

1 burger on whole grain white bun, salad, or baked beans

**Wednesdays** - Mexican

2 soft tacos –taco meat, refried beans, Brown rice

**Thursdays** – American – Alternating Entrées:

Meatloaf, Salisbury steak, Turkey & gravy,

Offered with: mashed potatoes, veggie, wheat dinner roll

**Fridays** – Hot Sandwich on whole grain white bun - Alternating Entrees:

Rib-a-Que, Bbq beef

Offered with alternating choice of soup, mac and cheese, baked beans or salad

**Side choices for all days of the week:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of day, Milk, Juice



**Snack Bar Meal Choices:**

**(Items offered may change without notice)**

**Choice of 1 entrée':**

Chicken tenders - 3 ~ \$3.50

Spicy chicken sandwich ~ \$3.25

Breaded chicken sandwich ~ \$3.25

Cheese burger ~ \$3.25

Chick o Fillet Sandwich ~ \$3.50

Chicken Caesar salad – crispy or grilled chicken ~ \$3.50

Pizza slice ~ \$3.25

Bean & Cheese Burrito – AZ Gold ~ \$3.25

Mini Corn dogs ~ \$3.50

Hot Dogs – 2 ~ \$3.25

PBJ – 1 large ~ \$3.25

Bosco Sticks – 2 ~ \$3.25

Pretzel & Cheese ~ \$3.25

**Side choices:** Apple Slices, Fruit cup, Whole Fruit, Side Salad, Vegetable of the day, Milk, Juice, string cheese

## CAFETERIA BREAKFAST MENU

**BACON/EGG/CHEESE MUFFIN**

**SAUSAGE/EGG/CHEESE MUFFIN**

**BAGEL/CREAM CHEESE**

**PBJ**

**CINNAMON BUN**

**WAFFLE/PANCAKES/COFFEE CAKE/FRENCH TOAST**

**STICKS**

**OATMEAL CHOCOLATE CHIP BAR**

**YOGURT**

**POP TART**

**MUFFIN**

**MINI DONUTS**

**CEREAL**

**YOU MUST TAKE ONE OF THE FOLLOWING:**

**JUICE**

**FRUIT CUP**

**WHOLE FRUIT**

**APPLE SLICES**

**OFFERED WITH:**

**MILK**

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