



# September 2025

## Cascade High School

### LUNCH MENU

**Daily Offering:**  
PBJ Uncrustable,  
Chicken Patty  
Sandwich, Spicy  
Chicken Patty  
Sandwich,  
Cheeseburger,  
Deli Sub  
Sandwich,  
Fresh Salads,  
Homemade  
Pepperoni &  
Cheese Pizza

All Lunches  
Must Include  
Choice of:  
Fruits and/or  
Vegetable  
And May  
Include:  
1% Low-Fat  
Milk

Powering  
potential.™

MON	TUES	WED	THURS	FRI
 <p>1</p>	<p>2</p> <p><b>BRK:</b> SAUSAGE BFAST PIZZA, FRENCH TOAST STICKS</p> <p><b>LUNCH:</b> BREADED CHICKEN DRUMSTICK/ROLL</p> <p>Mashed Potatoes, Cucumber Slices, Pears, Fresh Apple Wedges, Apple Juice</p>	<p>3</p> <p><b>BRK:</b> CHEESY EGG BISCUIT, CHOCOLATE CRESCENT</p> <p><b>LUNCH:</b> WALKING TACO</p> <p>Refried Beans, Fresh Broccoli, Peaches, Craisins, Grape Juice</p>	<p>4</p> <p><b>BRK:</b> SAUSAGE PANCAKE WRAP, CINN BFAST BUN</p> <p><b>LUNCH:</b> BACKYARD BURGER</p> <p>Golden Corn, Celery Sticks, Applesauce, Blueberries, Apple Juice</p> 	<p>5</p> <p><b>BRK:</b> BACON, EGG &amp; CHEESE BISCUIT, APPLE FRUDEL</p> <p><b>LUNCH:</b> BUZZER BEATER BASKET with BREADSTICK</p> <p>Roasted Carrots, Red Pepper Strips, Fresh Banana, Strawberries, Fruit Juice</p>
<p>8</p> <p><b>BRK:</b> SAUSAGE &amp; CHEESE BISCUIT, MINI STRAW BAGEL</p> <p><b>LUNCH:</b> BOSCO STICKS w/ SAUCE</p> <p>Baked Beans, Baby Carrots, Mixed Fruit, Fresh Orange, Fruit Juice</p>	<p>9</p> <p><b>BRK:</b> SAUSAGE BREAKFAST PIZZA, CINN BRAKFAST BUN</p> <p><b>LUNCH:</b> Turkey Barbacoa Soft Tacos</p> <p>Golden Corn, Cucumber Slices, Pears, Fresh Apple Wedges, Apple Juice</p>	<p>10</p> <p><b>BRK:</b> CHEESY EGG BISCUIT, APPLE FRUDEL</p> <p><b>LUNCH:</b> ORIENTAL ORANGE POPCORN CHICKEN with RICE</p> <p>Glazed Carrots, Celery Sticks, Peaches, Craisins, Grape Juice</p>	<p>11</p> <p><b>BRK:</b> SAUSAGE PANCAKE WRAP, BLUEBERRY BREAD</p> <p><b>LUNCH:</b> FRENCH TOAST STICKS with SAUSAGE PATTIES</p> <p>Tater Tots, Fresh Broccoli, Blueberries, Applesauce, Apple Juice</p>	<p>12</p> <p><b>BRK:</b> BACON, EGG &amp; CHEESE BISCUIT, CINN CHIP SCONE</p> <p><b>LUNCH:</b> TATER TOT BEEF NACHOS with ROLL</p> <p>Steamed Broccoli, Red Pepper Strips, Fresh Banana, Strawberries, Fruit Juice</p>
<p>15</p> <p><b>BRK:</b> SAUSAGE &amp; CHEESE BISCUIT, CHOC CHIP BFAST BUN</p> <p><b>LUNCH:</b> MINI CORN DOGS w/ MAC &amp; CHEESE</p> <p>French Fries, Baby Carrots, Mixed Fruit, Fresh Orange, Fruit Juice</p>	<p>16</p> <p><b>BRK:</b> SAUSAGE BFAST PIZZA, CINN SUGAR DONUT</p> <p><b>LUNCH:</b> TACO PIZZA</p> <p>Refried Beans, Fresh Broccoli, Pears, Fresh Apple Wedges, Apple Juice</p>	<p>17</p> <p><b>BRK:</b> CHEESY EGG BISCUIT, MINI CINNI</p> <p><b>LUNCH:</b> BUFFALO CHEESE PIZZA STCKS</p> <p>Seasoned Peas, Red Pepper Strips, Peaches, Craisins, Grape Juice</p>	<p>18</p> <p><b>BRK:</b> SAUSAGE PANCAKE WRAP, MINI BLUEBERRY WAFFLES</p> <p><b>LUNCH:</b> Popcorn Chicken Bowl &amp; Roll</p> <p>Golden Corn, Cucumber Slices, Applesauce, Blueberries, Apple Juice</p>	<p>19</p> <p><b>BRK:</b> BACON, EGG &amp; CHEESE BISCUIT, FRENCH TOAST STICKS</p> <p><b>LUNCH:</b> PENNE PASTA CHICKEN ALFREDO with BREADSTICK</p> <p>Green Beans, Celery Sticks, Strawberries, Fresh Banana, Fruit Juice</p>
<p>22</p> <p><b>BRK:</b> SAUSAGE &amp; CHEESE BISCUIT, BLUEBERRY BREAD</p> <p><b>LUNCH:</b> BBQ PORK SANDWICH</p> <p>Baked Beans, Baby Carrots, Mixed Fruit, Fresh Orange, Fruit Juice</p>	<p>23</p> <p><b>BRK:</b> SAUSAGE BFAST PIZZA, FRENCH TOAST STICKS</p> <p><b>LUNCH:</b> SALISBURY STEAK w/ GRAVY &amp; ROLL</p> <p>Mashed Potatoes, Cucumber Slices, Pears, Fresh Apple Wedges, Apple Juice</p>	<p>24</p> <p><b>BRK:</b> CHEESY EGG BISCUIT, MINI STRAWBERRY BAGEL</p> <p><b>LUNCH:</b> MINI PANCAKES WITH CHEESE OMELET</p> <p>Tater tots, Celery Sticks, Peaches, Craisins, Grape Juice</p>	<p>25</p> <p><b>HURRY UP! LIMITED TIME OFFER</b></p> <p><b>BRK:</b> SAUSAGE PANCAKE WRAP, CHOC CRESCENT ROLL</p> <p><b>LUNCH: Fajita Chicken Flatbread</b></p> <p>Golden Corn, Fresh Broccoli, Applesauce, Blueberries, Apple Juice</p> 	<p>26</p> <p><b>BRK:</b> BACON, EGG &amp; CHEESE BISCUIT, CINN BREAKFAST BUN</p> <p><b>LUNCH:</b> BUFFALO POPCORN CHICKEN MAC &amp; CHEESE</p> <p>Steamed Broccoli, Red Pepper Strips, Fresh Banana, Strawberries, Fruit Juice</p>
<p>29</p> <p><b>BRK:</b> SAUSAGE &amp; CHEESE BISCUIT, MINI BLUEBERRY WAFFLES</p> <p><b>LUNCH:</b> CORN DOG</p> <p>Steamed Broccoli, Baby Carrots, Mixed Fruit, Juice</p>	<p>30</p> <p><b>BRK:</b> SAUSAGE BFAST PIZZA, MINI CINNI</p> <p><b>LUNCH:</b> TURKEY BARBACOA BIRRIA with ROASTED RED POTATOES</p> <p>Refried Beans, Fresh Broccoli, Pears, Fresh Apple Wedges, Apple Juice</p>			

Menus are subject to change.

**Specialty Grill Option:**  
**Monday:** Chicken Tenders w/ Breadstick  
**Tuesday:** Grilled Cheese  
**Wednesday:** Mini Corn Dogs  
**Thursday:** Max Pizza Sticks  
**Friday:** Hot Dog

**aramark**  
STUDENT  
NUTRITION

This institution is an equal opportunity provider.