

High School Lunch Schedule

General Structure:

High schools stagger lunch periods to manage crowd flow and provide sufficient cafeteria seating.

Shift Timings:

1. **First Lunch:** 11:00 AM - 11:30 AM (typically freshmen and sophomores).
2. **Second Lunch:** 11:35 AM - 12:05 PM (mixed grades based on class schedules).
3. **Third Lunch:** 12:10 PM - 12:40 PM (juniors and seniors or upperclassmen).

Additional Details:

- **Meal Options:**
 - Standard offerings include hot meals, salads, sandwiches, and vegetarian/vegan options.
 - Weekly menu rotation to accommodate variety.
- **Outdoor Seating:** Available in warmer months for students to enjoy open-air lunches.
- **Activities:**
 - Quiet study areas for students needing extra academic time.
 - Intramural games or club meetups for social engagement.

Special Days:

- **Pizza Fridays:** A popular lunch tradition.
- **Holiday-Themed Meals:** Served before major breaks.