### **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.