

# MARINA HIGH SCHOOL MENU 2018-2019



## HOME OF THE VIKINGS

**Superintendent**  
Dr. Clint Harwick

**Administrator**  
**Food and Nutrition Services**  
Lauren Teng

14325 Goldenwest St. Building 1  
Westminster, CA 92683  
(714) 894-1698



**This institution is an Equal Opportunity Provider.**

## Breakfast Express

*Breakfast is available in the morning before school.*

**Full Pay: \$2.00      Reduced: \$0.30**



*Free to eligible students.  
Not all entrees offered daily.  
Students must take a fruit or  
Vegetable with their entrée.*

- ◆ Bagel with Sausage, Egg & Cheese (T & Th)
- ◆ Breakfast Sandwich with Bacon, Egg & Cheese (T & Th)
- ◆ Breakfast Pizza (M, W, F)
- ◆ Cereal w/ Milk
- ◆ Mini Donuts, 6pk  
*Chocolate or Powdered*
- ◆ Pop Tarts  
*Strawberry and Cinnamon*
- ◆ Benefit Bar  
*Assorted Flavors*
- ◆ Bagel/ Cream Cheese
- ◆ Muffin 4oz.  
*Chocolate Chip, Blueberry, Banana Nut*
- ◆ Uncrustables  
*Grape & Strawberry*
- ◆ Glazed Breakfast Bun
- ◆ Yogurt Parfait (M-Th)
- ◆ Hot Oatmeal (Seasonal)

*Students must use their I.D. cards to get a meal, regardless of eligibility.*

## Snacks

*Outside carts are located throughout the campus*

Baked Chips		\$1.00
Granola Bar		\$0.75
Yogurt, 8oz.		\$1.00
Burrito		\$2.00
Pizza Slice		\$2.50
Sriracha Tornado		\$1.00
Beef Tornado		\$1.00
Brownie/Rice Krispy Square		\$.75
Cookie, 1.5oz.		\$0.50
Ice Cream		\$1.00-\$3.00



## Side Orders

Fresh Fruit	\$0.75
Fruit with Gelatin (T & Th)	\$0.75
Green Salad, 8oz. cup (T)	\$0.75
Salad Dressing, 2oz.	\$0.50
Carrot Sticks	\$0.75
Assorted Veggies/Potatoes	\$0.75
Hummus (W)	\$0.75
Edamame (T)	\$0.75
Dried Fruit Mix	\$0.75

## Beverages



100% Juice, 4oz.	\$0.40
Milk, 8oz.	\$0.50
Water, Bottled, 20oz.	\$1.00
Isotonic Iced Tea, 12oz.	\$1.00
Gatorade G2, 12oz.	\$1.00
Frozen 100% Juice Slushie	4oz \$0.60
	10oz \$1.25
Fruit Smoothie, 11oz.	\$2.25
Propel Flavored Water	\$2.00

# Lunch Combos

The following lunch combos are available in all areas. Combo meals include one entrée, fruit and/or vegetable & optional 1/2 pint milk/juice.

**Full Pay: \$3.50-\$4.00 Reduced: \$0.40**

Free to eligible students.  
Not all entrees offered daily.  
Students must take a fruit or vegetable with their entrée.

# House Specialties

## Mondays

Chicken Mashed Potato Bowl \$3.75  
Teriyaki Chicken Rice Bowl \$3.75

## Tuesdays

Orange or Honey Fire  
Chicken Rice Bowl \$3.75  
Spaghetti with Meatballs \$3.75

## Wednesdays

Chicken Mashed Potato Bowl \$3.75  
General Tso's Beef Bowl \$3.75  
Macaroni & Cheese \$3.75  
Fish Sandwich \$3.75

## Thursdays

Orange or Honey Fire  
Chicken Rice Bowl \$3.75  
Roast Turkey with Gravy \$3.75

## Fridays

Chicken Mashed Potato Bowl \$3.75  
Teriyaki Chicken Rice Bowl \$3.75  
Fish Sandwich \$3.75

# Daily Grill



**Our burgers are made with 100% Real Ground Beef.**

Western Cheeseburger \$3.75  
Ultimate Cheeseburger (T, F) \$3.75  
Spicy Chicken Burger \$3.75  
Chicken Patty Burger \$3.75  
White Meat Chicken Nuggets \$3.75  
Chicken Smackers w/Potatoes \$3.75  
Breaded Chicken Leg \$3.75  
Pizza Slice \$3.75  
Cheese, Pepperoni or Veggie



# Fiesta Express



Bean & Cheese Burrito (vegetarian) \$3.50  
Chili Cheese Nachos \$3.75  
Spicy Cheese Nachos \$3.75  
Carnitas Nachos w/Cheese (F) \$3.75  
Carnitas Bowl w/Rice & Beans (W) \$3.75  
Chicken & Green Chile Tamale \$3.75

\* MENU SELECTION MAY VARY FROM SCHOOL TO SCHOOL.  
\*\* Prices & menu are subject to change at any time.  
\*\*\* All adult sales are subject to sales tax.

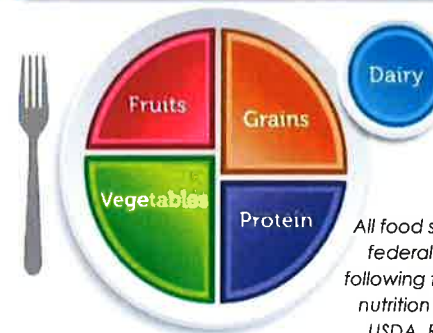
# Deli Fresh



Chicken Caesar Salad \$3.75  
Vegetarian Salad \$3.75  
Oriental Salad (T, Th) \$3.75  
Grab & Go Hummus Box (Vegetarian) \$3.75  
Grab & Go Protein Pack \$3.75  
PB&J Uncrustables \$3.75  
Tuna Salad on Wheat (M, W, F) \$3.75  
Turkey Sandwich on Wheat \$3.75  
Turkey Ham & Cheese on Wheat \$3.75  
Bagel and Yogurt \$3.75

For a complete meal, students must select at least 3 colors from My Plate, one of which must be from the **veggie** or **fruit** group.

Refer to the "Combo Breakfast or Lunch" sign for assistance.  
Students will be sent back to choose any missing fruit, veggie, or other component.



# My Plate

All food sales meet state and federal nutrient guidelines following the newly established nutrition standards issued by USDA. Revised 08/01/2018