

# OCEAN VIEW HIGH SCHOOL MENU 2018-2019



## HOME OF THE GOLDEN HAWK

**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 and at break.

**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*
- ◆ Ultra Cinnamon Bun
- ◆ Glazed Breakfast Bun (M, W, F)
- ◆ Yogurt Parfait (T, W, 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
Cookie, 1.5oz.		\$.50
Brownie/Rice Krispy Square		\$0.75
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, 1oz.	\$0.25
Carrot Sticks	\$0.75
Assorted Veggies/Potatoes	\$0.75
Hummus (T, W, Th)	\$0.75
Edamame (T)	\$0.75
Dried Fruit Mix	\$0.75
Applesauce (M)	\$0.75



## Beverages

100% Juice, 4oz..	\$0.40
Milk, 8oz.	\$0.50
Water, Bottled, 20oz.	\$1.00
Gatorade G2, 12oz.	\$1.00
Assorted Juice, 10oz.	\$1.25
Fruit Smoothie, 10oz.	\$2.25
Frozen 100% Juice Slushie	4oz. \$0.60 10oz. \$1.25

# 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 are offered daily.  
Students must take a fruit or vegetable with their entrée.

# House Specialties

## Mondays

Chicken Mashed Potato Bowl	\$3.75
Chicken Smackers w/Potatoes	\$3.75
Teriyaki Chicken Rice Bowl	\$3.75
Pulled Pork Sandwich	\$3.75

## Tuesdays

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

## Wednesdays

General Tso's Beef Bowl	\$3.75
Macaroni & Cheese	\$3.75
Pulled Pork Sandwich	\$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
Chicken Smackers w/Potatoes	\$3.75
Teriyaki Chicken Rice Bowl	\$3.75
Fish Sandwich	\$3.75

# Daily Grill

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



Cheeseburger	\$3.75
Western Cheeseburger	\$3.75
Ultimate Cheeseburger (Th)	\$3.75
Spicy Chicken Burger	\$3.75
Chicken Patty Burger	\$3.75
White Meat Chicken Nuggets	\$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
Beef Taco Stick	\$3.50

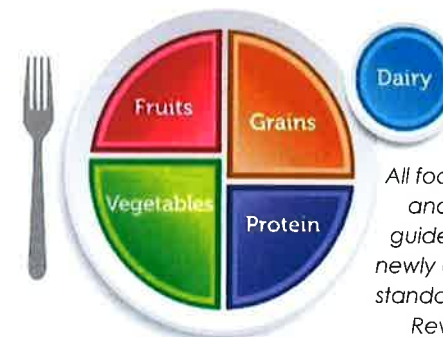
\* MENU SELECTION MAY VARY FROM SCHOOL TO SCHOOL.  
\*\* Prices & menu are subject to change at any time.  
\*\*\* All adult sales are subject to sales tax.

# Deli Fresh



Chicken Caesar Salad	\$3.75
Vegetarian Salad	\$3.75
Oriental Salad (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