

WESTMINSTER HIGH SCHOOL MENU 2018-2019



HOME OF THE LIONS
IT'S A PRIDE THING

Superintendent
Dr. Clint Harwick

Administrator
Food and Nutrition Services
Lauren Teng

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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 meal.*

- ◆ Bagel with Sausage, Egg & Cheese (M, W, F)
- ◆ Breakfast Sandwich with Bacon, Egg & Cheese (T & Th)
- ◆ Breakfast Pizza
- ◆ 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 (M,W,F)
- ◆ Ultra Cinnamon Bun
- ◆ 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
Brownie		\$.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 & Th)	\$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

Beverages



100% Juice, 4oz.	\$0.40
Milk, 8oz.	\$0.50
Water, Bottled, 20oz.	\$1.00
Propel Flavored Water	\$2.00
Isotonic Iced Tea, 12oz.	\$1.00
Gatorade G2, 12oz.	\$1.00
Frozen 100% Juice Slushie	4oz \$0.60
	10oz \$1.25
Juice, Assorted	\$1.25
Fruit Smoothie, 10oz.	\$2.25
Sparkling Juice, 8.4oz.	\$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 with Potatoes	\$3.75
Teriyaki Chicken Rice Bowl	\$3.75
Macaroni and Cheese	\$3.75

Tuesdays

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

Wednesdays

Chicken Mashed Potato Bowl	\$3.75
Chicken Smackers with Potatoes	\$3.75
General Tso's Beef Bowl	\$3.75
Fish Sandwich w/Cheese	\$3.75

Thursdays

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

Fridays

Chicken Mashed Potato Bowl	\$3.75
Chicken Smackers with Potatoes	\$3.75
Teriyaki Chicken Rice Bowl	\$3.75
Macaroni and Cheese	\$3.75
Fish Sandwich w/Cheese	\$3.75

Daily Grill



Our burgers are made with 100% Real Beef

Cheeseburger	\$3.75
Western Cheeseburger	\$3.75
Ultimate Cheeseburger	\$3.75
Spicy Chicken Burger	\$3.75
Chicken Patty Burger	\$3.75
Veggie Burger	\$3.75
Breaded Chicken Leg	\$3.75
White Meat Chicken Nuggets	\$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 (T)	\$3.75
Beef Taco Stick	\$3.50
Chicken and 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.

