

# WHITTIER UNION HIGH SCHOOL DISTRICT

## ALL HIGH SCHOOL

### Lunch Menu

#### 2019-2020

ALL MEALS INCLUDES  
MILK, FRUIT & VEGETABLES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>MAMA LISHA'S PIZZA </p> <p>HAMBURGER/CHEESEBURGER</p> <p>SPICY CHICKEN SANDWICH</p> <p>CHICKEN DELIGHT SANDWICH</p> <p>BEAN &amp; CHEESE BURRITO</p> <p>RIB B Q SANDWICH</p> <p>PEPPERONI HOT POCKETS</p>	<p>MAMA LISHA'S PIZZA </p> <p>HAMBURGER/CHEESEBURGER</p> <p>SPICY CHICKEN SANDWICH</p> <p>CHICKEN DELIGHT SANDWICH</p> <p>BEAN &amp; CHEESE BURRITO</p> <p>RIB B Q SANDWICH</p> <p>PEPPERONI HOT POCKETS</p>	<p>MAMA LISHA'S PIZZA </p> <p>HAMBURGER/CHEESEBURGER</p> <p>SPICY CHICKEN SANDWICH</p> <p>CHICKEN DELIGHT SANDWICH</p> <p>BEAN &amp; CHEESE BURRITO</p> <p>RIB B Q SANDWICH</p> <p>PEPPERONI HOT POCKETS</p>	<p>MAMA LISHA'S PIZZA </p> <p>HAMBURGER/CHEESEBURGER</p> <p>SPICY CHICKEN SANDWICH</p> <p>CHICKEN DELIGHT SANDWICH</p> <p>BEAN &amp; CHEESE BURRITO</p> <p>RIB B Q SANDWICH</p> <p>PEPPERONI HOT POCKETS</p>	<p>MAMA LISHA'S PIZZA </p> <p>HAMBURGER/CHEESEBURGER</p> <p>SPICY CHICKEN SANDWICH</p> <p>CHICKEN DELIGHT SANDWICH</p> <p>BEAN &amp; CHEESE BURRITO</p> <p>RIB B Q SANDWICH</p> <p>PEPPERONI HOT POCKETS</p>
<u>SPECIALS</u>	<u>SPECIALS</u>	<u>SPECIALS</u>	<u>SPECIALS</u>	<u>SPECIALS</u>
<p>ROTINI WITH MEAT SAUCE</p> <p>MACARONI &amp; CHEESE</p> <p>CHICKEN CLUX BOWL</p>	<p>TACO TUESDAY</p> <p>GREEN CHILI CHICKEN TAMALES</p>	<p>CHILI VERDE WITH RICE </p> <p>TERIYAKI CHICKEN WITH RICE</p>	<p>BAKED CHICKEN-MASH POTATOES- MINI LOAF</p> <p>ENCHILADAS AND BEANS</p>	<p>MEATBALL SANDWICH</p> <p>SPICY CHICKEN WRAP</p> <p>CHEESE BITES WITH DIP SAUCE</p>
<p>SOUTHWEST CHICKEN SALAD W/GOLDFISH CRACKERS</p> <p>TURKEY SANDWICH</p> <p>YOGURT PARFAIT WITH CORN STAR</p>	<p>PROTEIN BOX</p> <p>CHICKEN CAESAR SALAD WITH GOLDFISH CRACKERS</p> <p>TUNA SANDWICH</p> <p>EGG SALAD SANDWICH</p> <p>YOGURT PARFAIT WITH CORN STAR</p>	<p>SOUTHWEST CHICKEN SALAD W/GOLDFISH CRACKERS</p> <p>HAM &amp; CHEESE SANDWICH</p> <p>YOGURT PARFAIT WITH CORN STAR</p>	<p>PROTEIN BOX</p> <p>CHICKEN CAESAR SALAD WITH GOLDFISH CRACKERS</p> <p>WRANGLER SUB SANDWICH W/JALAPEÑOS</p> <p>YOGURT PARFAIT WITH CORN STAR</p>	<p>SOUTHWEST CHICKEN SALAD W/GOLDFISH CRACKERS</p> <p>SMUCKERS PB &amp; J SANDWICH</p> <p>YOGURT PARFAIT WITH CORN STAR</p>
<b>BUNNY LUV CARROTS</b>	<b>BUNNY LUV CARROTS</b>	<b>SPICY CURLY FRIES</b>	<b>BUNNY LUV CARROTS</b>	<b>SPICY CURLY FRIES</b>
<b>GARDEN SALAD</b>	<b>GARDEN SALAD</b>	<b>BUNNY LUV CARROTS</b>	<b>GARDEN SALAD</b>	<b>BUNNY LUV CARROTS</b>
<b>CELERY STICKS OR CUCUMBER SLICES</b>	<b>CELERY STICKS OR CUCUMBER SLICES</b>	<b>3 BEAN SALAD</b>	<b>3 BEAN SALAD</b>	<b>3 BEAN SALAD</b>
<p>SLICED APPLES</p> <p>SEASONAL FRUIT</p>	<p>CANNED FRUIT OR FROZEN FRUIT CUP</p> <p>DRIED CRANBERRIES OR RAISINS</p>	<p>SEASONAL FRUIT</p> <p>FRUITED GELATIN</p>	<p>SLICED APPLES</p> <p>DRIED CRANBERRIES OR RAISINS</p>	<p>ASSORTED FRUIT BASKET</p>
<p><b>100% APPLE JUICE</b></p> <p><b>CALORIES 750 - 850</b></p>	<p><b>100% WILDBERRY JUICE</b></p> <p><b>CALORIES 750 - 850</b></p>	<p><b>100% APPLE JUICE</b></p> <p><b>CALORIES 750 - 850</b></p>	<p><b>100% WILDBERRY JUICE</b></p> <p><b>CALORIES 750 - 850</b></p>	<p><b>ASSORTED 100% FRUIT JUICE</b></p> <p><b>CALORIES 750 - 850</b></p>

MILK SERVED: NON FAT FLAVORED OR UNFLAVORED AND 1% UNFLAVORED

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER