



El Segundo High School Menu

We feature an inviting variety of fresh garden salad greens, vegetables, and fruits. Locally-grown items are offered whenever seasonally-available. Low-fat or fat-free hormone free milk is included with all meals.

CHOPSTICKS

Monday	Sweet and Sour Chicken Stir Fry over Rice	
Tuesday	Orange Chicken over Rice	
Wednesday	Teriyaki Chicken over Rice	
Thursday	Vegetarian Lo Mein w/Edamame	V
Friday	Beef and Broccoli over Rice	



VEGETARIAN



FRESH. Food options made from scratch



LOCAL: Food options that utilize locally grown or produced ingredients

FAVORITES

Monday	Chicken Parmesan with Garlic Pasta	
Tuesday	BBQ Chicken with Mac And Cheese and Roll	
Wednesday	Chicken Alfredo with Breadstick	
Thursday	Chili Cheese Nachos	V
Friday	Bean and Cheese Enchiritos	V

PIZZA

**Cheese & Pepperoni Pizza Served Daily
All Served with 100% Mozzarella**

Monday	3 Cheese	
Tuesday	Veggie	V
Wednesday	Hawaiian	
Thursday	Meat Lovers	
Friday	Supreme	

GRILL

Baked fries available daily. We serve 100% all beef hamburgers and cheeseburgers daily, as well as crunchy & spicy chicken patties

Monday	Grilled BBQ Chicken Burger	
Tuesday	Bacon Burger	
Wednesday	Pulled Pork on a Bun	
Thursday	Veggie Burger	V
Friday	Meatball Sub	V

DELI

Roasted turkey & provolone subs, ham & cheddar subs, and a variety of fresh made salads served daily with a roll. **V**

Monday	Chicken Caesar Salad Wrap	
Tuesday	Taco Salad with Tortilla Chips	
Wednesday	Buffalo Chicken Salad w/Roll	
Thursday	Chicken Caesar Salad with Roll	
Friday	Asian Salad with Roll	