

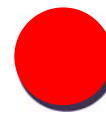
Westmont Sr. High Lunch Menu 2019-20

What Makes a LUNCH?

SELECT 3-5 Different Components ~ each dot represents a meal component.



Must include a



or



-\$ERVED DAILY - \$3.05-

Cheeseburger on Bun
SunButter Sandwich

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

-\$3.30 MEAL DEAL CHOICES-

Yogurt/String Cheese/ Grain Item/Muffin*	Yogurt/String Cheese/ Grain Item/Muffin*	Yogurt/String Cheese/ Grain Item/Muffin*	Yogurt/String Cheese/ Grain Item/Muffin*	Yogurt/String Cheese/ Grain Item/Muffin*
Cheddar or Pepper Jack Burger on WG Bun	Cheddar or Pepper Jack Burger on WG Bun	Cheddar or Pepper Jack Burger on WG Bun	Cheddar or Pepper Jack Burger on WG Bun	Cheddar or Pepper Jack Burger on WG Bun
Chicken Rings (10)	WG Breaded Chicken Patty on Bun	Cheesy Garlic Bread served with Marinara Sauce	WG Spicy Breaded Chicken Patty on Whole Wheat Bun	Mozzarella Sticks (6) served with Marinara Sauce
WG Big Daddy's Pizza <i>Cheese or Pepperoni</i>	Pretzel Bites (10) or Nachos with Cheese	Orange Chicken served over Brown Rice	Bosco Breadsticks (2) w/ Marinara Sauce	Chicken Nuggets (10) Jumbo Hot Dog on WG Bun

-\$3.60 MEAL DEAL CHOICES-

Veggie Patty on WG Bun Ham or Turkey Sub	Gourmet Salad Veggie Patty on WG Bun Ham or Turkey Sub	Gourmet Salad Veggie Patty on WG Bun Ham or Turkey Sub	Gourmet Salad Veggie Patty on WG Bun Ham or Turkey Sub	Veggie Patty on WG Bun Ham or Turkey Sub
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-Vegetable and Fruit Selections-

Carrots with Dip Mashed Potatoes Broccoli (fresh or steamed) Other Vegetable Selection	Carrots with Dip Corn Side Salad Mashed Potatoes	Carrots with Dip Mashed Potatoes Other Vegetable Selection	Carrots with Dip Side Salad Sweet Potatoes Other Vegetable Selection	Carrots with Dip Mashed Potatoes Baked Beans Other Vegetable Selection
Canned Fruit (in light syrup) Fresh Fruit 100% Fruit Juice	Canned Fruit (in light syrup) Fresh Fruit 100 % Fruit Juice	Canned Fruit (in light syrup) Fresh Fruit 100% Fruit Juice	Canned Fruit (in light syrup) Fresh Fruit 100% Fruit Juice	Canned Fruit (in light syrup) Fresh Fruit 100% Fruit Juice

-Milk- (choice of 1% white or skim chocolate)

***Menu is subject to change**

All grains served are Whole Grain or Whole Grain Rich

***Muffin choice may vary**

Each meal includes 2 vegetable and 2 fruit selections. A ½ cup fruit or vegetable **must be** part of each meal.