



# WHITTIER UNION HIGH SCHOOL DISTRICT FOOD & NUTRITION SERVICES

## OCTOBER LUNCH MENU 2020

### CHOICE OF DAILY HOT ENTREES

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

**10-05**

CHOICE OF:  
BEAN & CHEESE BURRITO  
YOGURT PARFAIT  
SW CHICKEN SALAD  
BABY CARROTS  
APPLESAUCE CUP

**10-06**

CHOICE OF:  
GARLIC CHEESE PIZZA  
YOGURT PARFAIT  
HAM SANDWICH  
BROCCOLI  
FROZEN PEACH CUP

**10-07**

CHOICE OF:  
CHICKEN FAJITA  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CORN CUP  
APPLE SLICES

**10-08**

CHOICE OF:  
FRESHLY MADE MAMA  
LISHA'S PIZZA  
YOGURT PARFAIT  
TUNA SANDWICH  
GARDEN SALAD  
FRESH GRAPES

**10-09**

CHOICE OF:  
CHICKEN SANDWICH  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CARROT/CELERY STICKS  
FRUIT

**10-12**

NON SCHOOL DAY  
NO MEAL SERVICE

**10-13**

CHOICE OF:  
CHICKEN TERIYAKI  
YOGURT PARFAIT  
HAM SANDWICH  
BROCCOLI  
STRAWBERRY GELATIN  
CUP

**10-14**

CHOICE OF:  
CHICKEN PARMESAN  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CORN CUP  
FUJI APPLE

**10-15**

CHOICE OF:  
FRESHLY MADE MAMA  
LISHA'S PIZZA  
YOGURT PARFAIT  
TUNA SANDWICH  
GARDEN SALAD  
FRESH PEAR

**10-16**

CHOICE OF:  
CHILI ROJO BOWL  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CARROT/CELERY STICKS  
FRUIT

**10-19**

CHOICE OF:  
HAMBURGER  
YOGURT PARFAIT  
SW CHICKEN SALAD  
BABY CARROTS  
APPLESAUCE CUP

**10-20**

CHOICE OF:  
POPCORN CHICKEN  
YOGURT PARFAIT  
HAM SANDWICH  
BROCCOLI  
FROZEN PEACH CUP

**10-21**

CHOICE OF:  
TACO & BEAN BOWL  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CORN CUP  
APPLE SLICES

**10-22**

CHOICE OF:  
FRESHLY MADE MAMA  
LISHA'S PIZZA  
YOGURT PARFAIT  
TUNA SANDWICH  
GARDEN SALAD  
FRESH GRAPES

**10-23**

CHOICE OF:  
CORNDOG  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CARROT/CELERY STICKS  
FRUIT

**10-26**

CHOICE OF:  
CHEESE BITES  
YOGURT PARFAIT  
SW CHICKEN SALAD  
BABY CARROTS  
APPLESAUCE CUP

**10-27**

CHOICE OF:  
CHICKEN PARMESAN  
YOGURT PARFAIT  
SW CHICKEN SALAD  
BROCCOLI  
STRAWBERRY GELATIN  
CUP

**10-28**

CHOICE OF:  
HOMEMADE CHILI  
ROJO BURRITO  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CORN CUP  
FUJI APPLE

**10-29**

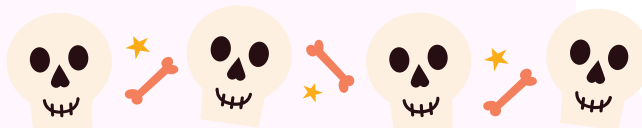
CHOICE OF:  
FRESHLY MADE MAMA  
LISHA'S PIZZA  
YOGURT PARFAIT  
TUNA SANDWICH  
GARDEN SALAD  
FRESH PEAR

**10-30**

CHOICE OF:  
PEANUT BUTTER & JELLY  
SANDWICH  
YOGURT PARFAIT  
SW CHICKEN SALAD  
CARROT/CELERY STICKS  
FRUIT

**TRICK  
OR  
TREAT**

**RECEIVE A SPECIAL TREAT ON FRIDAY, OCTOBER 30TH WITH  
YOUR MEALS WHEN YOU COME DRESSED IN YOUR COSTUME**



MENU IS SUBJECT OT CHANGE WITHOUT NOTICE

**USDA IS AN EQUAL OPPORTUNITY PROVIDER**