



HUNTINGTON BEACH CITY SCHOOL DISTRICT

Sowers School Lunch Menu-Fall 2122

[hbcsdbistro.com](http://hbcsdbistro.com)



MEAL are **FREE** to all STUDENT

**National Coin Shortage:** Please send the exact change. Any changes may be deposited to Student's lunch account for future use.

**Reminder :** Students **MUST** take at least 3 components & every student must take a fruit or veggie. Entrée counts as 2 components.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>*Entrée Component: Only Choose 1</b>				
<b>Featured Item: WALA Pizza</b> •WALA Pizza •Chicken & Cheese Taquitos w/ Salsa	<b>Featured Item: Flame Broiler</b> •Chicken w/ Rice & Special Sauce •Tofu with w/ Rice & Special Sauce •Chicken Strips *Bacon Western Cheeseburger •Seasoned Bean Burrito (Vegan)	<b>Featured Item: Subway</b> •Subway Sandwiches •Mini Corn Dogs	<b>Featured Item: WALA Pizza</b> •WALA Pizza •Chicken & Cheese Taquitos w/ Salsa	<b>Featured Item: Pick-up Stix</b> •Pick-up Stix •House Chicken w/ Rice Bowl •Veg Option: Tofu bowl •Pretzel Dog •Spicy Chicken Sandwich
<b>*Fruit component: May Take " ONE" Fruit</b>				
•Fruit Cup •Raisin/Craisin	• Fruit •Raisin/Craisin	• Fruit •Raisin/Craisin	•Banana •Raisin/Craisin	•Apple •Raisin/Craisin
<b>*Vegetable Component: May Take Up to Two Items</b>				
•Green Salad w/ Tomatoes •Edamame	•Green Salad w/ Tomatoes •Carrot Sticks	•Carrot Sticks •Celery/Zucchini Coin/Cucumber Coin	•Green Salad w/ Tomatoes •Seasoned Potato Wedges	•Green Salad w/ Tomatoes •Edamame
<b>* Grain Component: May take one with a reimbursable meals</b>				
	•Chips	•Cookie		
<b>*Milk Component : 1% Milk, Nonfat Chocolate Milk, Nonfat Strawberry Milk</b>				
We are offering Offer Vs Serve (OVS) with 5 good groups: Meat*Grain*Vegetable*Fruit*Milk. For a complete meal, students must select 3-5 food groups and AT LEAST 1 item must be a veg or fruit. The USDA and the CDE are equal opportunity providers and employers.				
MENU SUBJECT TO CHANGE WHEN NECESSARY				