

# Westhill High School Lunch Menu September 2019

Menu Subject to Change

Westhill School District Is An Equal Opportunity Provider and Employer

National Whole Grains Month

**Available Daily**

A Variety of ...Pizzas,  
Fresh Chef Salads, Assorted  
Sandwiches and Wraps.

PB & J and Yogurt Meal  
Also available

Breakfast	\$2.00
Lunch	\$3.00
Small Milk	\$.60
Large Milk	\$1.95

.....  
Visit our website to print  
an application and to  
view menus.

[www.westhillschools.org](http://www.westhillschools.org)

Beginning July 1, 2019  
students that qualify for  
Reduced Price Meals will  
receive breakfast and lunch  
at no charge.

Which source of fat is heart  
healthy?

Unsaturated fat.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2  
**Labor Day**

3  
No School  
  
Superintendents  
Conference  
Day

4 **Welcome Back!**  
Popcorn Chicken  
  
Baked French Fries  
Seasoned Carrots  
WG Brownie Bar  
Fresh Fruit

5 Personal Pan  
Pizza  
  
Steamed Broccoli  
Tossed Salad w/  
Dressing  
Fresh Fruit

6 Chicken & Cheese  
Quesadilla  
  
Refried Beans  
Seasoned Corn  
Fresh Fruit

9 Chicken Sandwich  
w/ Hawaiian Roll  
  
Sweet Potato Bites  
BBQ Baked Beans  
Fresh Fruit

10 Bacon Mac & Cheese  
w/ Dinner Roll  
  
Seasoned Green Beans  
Tomato and Cucumber  
Salad  
Fresh Fruit

11 French Toast Sticks  
w/ Sausage Patties  
  
Hash Brown Patty  
100% Fruit-Vegetable  
Juice  
Fresh Fruit

12 Toasted Cheese  
Sandwich  
  
Tomato Soup  
w/ Cheez-its  
Baby Carrots w/ Dip  
Fresh Fruit

13 Homemade  
Pizza  
  
Steamed Broccoli  
Tossed Salad w/  
Dressing  
Fresh Fruit

16 Pizza Bites  
w/ Marinara Sauce  
  
Steamed Carrots  
Celery Sticks and Dip  
Fresh Fruit

17 Chicken Parm  
Sandwich  
  
Seasoned Oven Fries  
Tomato and Mozzarella  
Salad  
Fresh Fruit

18 Hot Dog on a WG Roll  
  
Sweet Potato Waffle  
Fries  
Tossed Salad  
Fresh Fruit Cup

19 Beef Nachos  
w/ Seasoned Rice  
  
Corn Salsa  
Refried Beans  
Fresh Fruit

20 Wild Mike's  
Pizza  
  
Steamed Broccoli  
Tossed Salad w/  
Dressing  
Fresh Fruit

23 Chicken Tenders  
w/ Dipping Sauce  
  
Baked French Fries  
Steamed Corn  
Fresh Fruit

24 Bacon  
Cheeseburger  
  
Sweet Potato Fries  
Baked Beans  
Fresh Fruit

25 Sausage, Egg, &  
Cheese Croissant  
  
Hash Brown Patty  
100% Fruit-Vegetable  
Juice  
Fresh Fruit

26 Pasta and Meat Sauce  
w/ Garlic Knots  
  
Steamed Green Beans  
Grape Tomatoes and Dip  
Fresh Fruit

27 Homemade  
Pizza  
  
Steamed Broccoli  
Tossed Salad w/  
Dressing  
Fresh Fruit

30 BBQ Rib  
Sandwich  
  
Baked Beans  
Tater Tots  
Fresh Fruit

*Available with All Lunches*

Assorted Fruit Cups  
Milk Choice

**September 5:  
National Cheese Pizza Day**

**September 27:  
National Chocolate Milk Day**