

Manhattan Beach Unified School District
MIRA COSTA HIGH SCHOOL LUNCH MENU

Grades 9-12, Offer Versus Serve

Daily Choice of Entrees (must choose 1):

Cheeseburger w/Wedges
Chicken Patty Sandwich w/Wedges
Big Daddy Cheese Pizza w/ Tots
Big Daddy Pepperoni Pizza w/ Tots
Fresh Brothers Cheese Pizza w/Raisels
Fresh Brothers Pepperoni Pizza w/Raisels
Chicken Smackers w/Wedges & Biscuit
Oven Roasted Turkey Sub-your-Way Sandwich w/Baked Chips
Turkey Ham Sub-your-Way Sandwich w/Baked Chips
Italian Sub-your-Way Sandwich (turkey) w/Baked Chips
Just Cheese Panini
Ham & Cheese Panini
Pomodori Panini (cheese & tomato)
Chicken Caesar Salad w/Roll
Chinese Chicken salad w/Roll
Buffalo Chicken salad w/ Roll
House Salad w/ Egg and Breadstick
Buffalo Chicken Quesadilla
Chipotle Pork Quesadilla
Just Cheese Quesadilla

Specials

Orange Chicken w/Brown Rice (served on Monday & Wednesdays)
Pick-Up Stix w/Raisels (chicken & brown rice) (served on Tuesdays & Fridays)

Daily Choice of Vegetable (1 cup), Fruit (1 cup), Juice (1/2 cup), or Both (must choose at least 1):

Fresh Apple, 138 count
Sliced Apples, Bagged, 2 oz
Fresh Orange, 138 count
Fresh Banana, 150 count
Fresh Grapes, 14 grapes or bagged, 3 oz
Fresh Strawberries, 1/2 cup
Raisins, 1.33 oz Box
Applesauce Cup, 4.5 oz
Fresh Carrots, Bagged, 3oz
Garbanzo Beans, 1/2 cup (Thursdays & Fridays)
Corn 1/2 cup (Tuesday & Wednesdays)
Green Salad, 1 cup (Mondays)
Orange Juice, 4oz
Apple Juice, 4oz
Fruit Juice Slushy (cafeteria) or Raisels (carts)

Sides

Caesar Salad served (w/Paninis & Quesadillas)

Daily Choice of Milk:

Chocolate Nonfat Milk, 8 fl oz
1% White Milk, 8 fl oz

Condiments:

ppc Ketchup ppc BBQ Sauce
ppc Mustard ppc Mayonnaise
Salsa, bulk