

MORENO VALLEY UNIFIED SCHOOL DISTRICT  
HIGH SCHOOL MENU

REV: 4/2/2018 10:11 AM

**HIGH SCHOOL LUNCH MENU (Feb - April 18)**

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>
Mama Lia's Pep <b>60g</b>	Mama Lia's Pep/ <b>Gourmet* 60g</b>	Mama Lia's Pep <b>60g</b>	Mama Lia's Pep/ <b>Gourmet 60g</b>	Mama Lia's Pep <b>60g</b>
Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>	Mama Lia's Cheese <b>^V 60g</b>
Spicy Chicken Sandwich <b>40g</b>	Spicy Chicken Sandwich <b>40g</b>	Spicy Chicken Sandwich <b>40g</b>	Spicy Chicken Sandwich <b>40g</b>	Spicy Chicken Sandwich <b>40g</b>
Chicken Tenders w/Crackers <b>27g</b>	Chicken Chunks w/Crackers <b>30g</b>	Chicken Tenders w/Crackers <b>27g</b>	Chicken Chunks w/Crackers <b>30g</b>	Chicken Tenders w/Crackers <b>27g</b>
Cheeseburger <b>29 g</b>		Cheeseburger <b>29 g</b>		Cheeseburger <b>29g</b>
	Pork Hot Link <b>35g</b>		Beef Rib BBQ Sandwich <b>41g</b>	
Mac and Cheese w/Roll <b>50g</b>	Rotini w/Roll <b>48g</b>	Cheese Enchilada <b>43g</b>	Rotini w/Roll <b>48g</b>	
Classic PB&J <sup>^V</sup> <b>52g</b>	Classic PB&J <sup>^V</sup> <b>52g</b>	Classic PB&J <sup>^V</sup> <b>52g</b>	Classic PB&J <sup>^V</sup> <b>52g</b>	Classic PB&J <sup>^V</sup> <b>52g</b>
Chili Cheese Burrito <b>37g</b>	Carnitas Bean/Cheese Burrito <b>45g</b>		Bean and Cheese Burrito <b>^V 50g</b>	Chicken, Bean and Chip Bowl <b>66g</b>
Combo Kaiser <b>32g</b>	Turkey Grinder <b>38g</b>	Combo Kaiser <b>32g</b>	Ham Grinder <b>37g</b>	Combo Kaiser <b>32g</b>
Veggie Salad <b>^V 41g</b>	Veggie Salad <b>^V 41g</b>	Veggie Salad <b>^V 41g</b>	Veggie Salad <b>^V 41g</b>	Veggie Salad <b>^V 41g</b>
			Chef Salad <b>38g</b>	Chef Salad <b>38g</b>
Habanero Nada <b>31g</b>	Habanero Nada <b>31g</b>	Habanero Nada <b>31g</b>	Habanero Nada <b>31g</b>	Habanero Nada <b>31g</b>
Chicken Ceasar Salad <b>35g</b>	Asian Salad <b>55g</b>	Baja Tostada Salad <b>48g</b>		
Yogurt Parfait & Granola <b>^V 116g</b>	Yogurt Parfait & Granola <b>^V 116g</b>	Yogurt Parfait & Granola <b>^V 116g</b>	Yogurt Parfait & Granola <b>^V 116g</b>	Yogurt Parfait & Granola <b>^V 116g</b>
Yogurt & Granola <b>^V 83g</b>	Yogurt & Granola <b>^V 83g</b>	Yogurt & Granola <b>^V 83g</b>	Yogurt & Granola <b>^V 83g</b>	Yogurt & Granola <b>^V 83g</b>
Chicken Teriyaki Bowl <b>63g</b>	Orange Chicken Bowl <b>72g</b>		Hummus & Veggie <b>^V 47g</b>	Chicken Teriyaki Bowl <b>63g</b>
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Veg. Mix w/Corn (15g) & lettuce cup (3g)	Veg. Mix w/ Salad Cup (5g)	Veg. mix w/ lettuce cup (5g)	Veg. mix w/ Beans (18g)	Veg. mix w/lettuce cup (5g)
<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>	<b>Fruits</b>
Fruit Mix (see below)	Fruit Mix (see below)	Fruit Mix (see below)	Fruit Mix (see below)	Fruit Mix (see below)
Juice Mix-Wildberry, Fruit, Apple,- Orange	Juice Mix-Wildberry, Fruit, Apple,- Orange	Juice Mix-Wildberry, Fruit, Apple,- Orange	Juice Mix-Wildberry, Fruit, Apple,- Orange	Juice Mix-Wildberry, Fruit, Apple,- Orange
<b>Chips</b>	<b>Chips</b>	<b>Chips</b>	<b>Chips</b>	<b>Chips</b>
Chips - Cheddar & Sour Cream (19g), Sour Cream & Onion (18g)	Chips - Cheddar & Sour Cream (19g), Baked Plain Lay's (20g)	Chips - Cheddar & Sour Cream (19g), Sour Cream & Onion (18g)	Chips - Cheddar & Sour Cream (19g), Baked Lay's BBQ (17g)	Chips - Cheddar & Sour Cream (19g), Sour Cream & Onion (18g)
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
1 % White Milk (14g)	1 % White Milk (14g)	1 % White Milk (14g)	1 % White Milk (14g)	1 % White Milk (14g)
Chocolate non-fat (22g)	Chocolate non-fat (22g)	Chocolate non-fat (22g)	Chocolate non-fat (22g)	Chocolate non-fat (22g)
Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix	Condiment Mix

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**Veg Mix:** Baby Carrots(8g), Carrots & Broccoli(5g), Celery Sticks (5g), Jalapenos (2g)

**Fruit Mix:** Apples (15g), Oranges (15g), Bananas(27g), Raisins(30g)

**^V = Non Meat**

**\*Specials for the day\***