

Whittier Union High School District - Food & Nutrition Services Department 2021-2022

CARB COUNTS - MAY NOT BE COMPLETELY ACCURATE BUT CLOSE.

BREAKFAST

CARB GRAMS**

CEREAL - VARIETY	11 - 20	
STRING CHEESE	1	
BAGEL WITH CREAM CHEESE	35.5	
CONCHA	34	
MINI DONUTS, CHOCOLATE	41	
YOGURT PARFAIT - NO STRING CHEESE OR CRACKERS	39	
MINI CINNI'S	41	
FRESHLY BAKED COFFEE CAKE	-	NOT AVAILABLE
FRESHLY BAKED CHOCOLATE OR BANANA MUFFIN	-	NOT AVAILABLE

LUNCH

CARB GRAMS**

MAMA LISHA'S PEPPERONI PIZZA	41	
HAMBURGER/CHEESEBURGER	29/30	
SPICY CHICKEN SANDWICH	40	
CHICKEN DELIGHT SANDWICH	41	
BEAN CHEESE RICE BURRITO	44.84	

SPECIALS

CARB GRAMS**

CHICKEN CLUX BOWL	65	
TACO BEAN BOWL WITH TORTILLA CHIPS	45	
TERIYAKI CHICKEN WITH RICE	70	
CHICKEN & WAFFLES	42	
CHEESE BITES WITH DIP SAUCE	34	
SOUTHWEST CHICKEN SALAD W/GOLDFISH CRACKERS	62	
TURKEY SANDWICH	28	
TUNA SANDWICH	34	
HAM & CHEESE SANDWICH	19	
WRANGLER SUB SANDWICH W/JALAPEÑOS	41	
SMUCKERS PB & J SANDWICH	64	
YOGURT PARFAIT WITH CORN STAR	54	

FRUITS & VEGGIES

CARB GRAMS**

FRESH APPLE	19	
SLICED APPLES - 2 OUNCE	8	
CORN CUP 1/2 CUP	17	
PEACH CUP 1/2 CUP	13	
RAISINS- 1.66 OUNCE BOX	30	
BANANA	27	
BUNNY LUV CARROTS- 3 OUNCE	8	
CUCUMBER SLICES	1	
GRAPES - SEASONAL 1/2 CUP	8	
ORANGE WHOLE	15	
POBLANO BEANS 1/2 CUP	22	

BEVERAGES**CARB GRAMS****

NON FAT MILK - 8 OUNCE	12	
NON FAT CHOC MILK - 8 OUNCE	22	
LOWFAT 1% WHITE MILK - 8 OUNCE	14	
WILDBERRY JUICE - 4 OUNCE		WAITING ON DAIRY SPECS
ORANGE JUICE - 4 OUNCE		WAITING ON DAIRY SPECS
APPLE JUICE - 4 OUNCE		WAITING ON DAIRY SPECS

CONDIMENTS

KETCHUP - 1PACKET	2	
MUSTARD - 1 PACKET	0	
BBQ SAUCE - 1 PACKET	4	
LITE SOY SAUCE - 1 PACKET	0	
MAYO - 1 PACKET	0	

****NOTE: CARB COUNTS WERE NOT CALCULATED BY A REGISTERED DIETICIAN AND THE WHITTIER UNION HIGH SCHOOL DISTRICT WILL NOT BE HELD LIABLE FOR INCORRECT CARBOHYDRATE INFORMATION. THE INFORMATION WAS PULLED FROM THE NUTRITIONAL INFORMATION ON THE PRODUCT. THE DATA CONTAINED WITHIN THIS REPORT SHOULD NOT BE USED FOR AND DOES NOT PROVIDE FOR MENU PLANNING FOR A CHILD WITH A MEDICAL CONDITION. INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTIONS WITHOUT NOTICE. PLEASE CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE IN PLANNING FOR OR TREATING A MEDICAL CONDITION.**

SPECIFICATIONS FOR ALL FOOD ITEMS ARE AVAILABLE FOR REVIEW IN THE FOOD & NUTRITION SERVICES DEPARTMENT AND AN APPOINTMENT MAY BE MADE WITH THE DIRECTOR OF THE DEPARTMENT.

8/7/2021