

FEBRUARY 2025

Western Hills University High School Lunch



PREPARING STUDENTS
FOR LIFE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Deli Fresh

Turkey Breast Salad & Flatbread
Double Smucker's Uncrustables

BLT Entree Salad & Flatbread
Raspberry Crumble Parfait

Cobb Entree Salad & Flatbread
Club Sub Sandwich

Buffalo Chicken Entree Salad & Flatbread
Double Smucker's Uncrustables

Grilled Chicken & Fruit Salad & Flatbread
Buffalo Chicken Wrap

Spicy Chicken Sandwich

Spicy Boneless Wings & Mini Waffles

Chicken Wings & Onion Rings

Chicken Tenders & Mini Waffles

Crispy Chicken Sandwich

Mandarin Chicken & Brown Rice

Build Your Own Burrito
Beef & Cheese Nachos

Classic Charbroiled Cheeseburger
Bacon Cheeseburger

Cincy-Style Chili Bar: 3-Way or Cheese
Coney with Oyster Crackers

Big Daddy's Cheese Pizza
Big Daddy's Supreme Pizza

Vegan Options

Mediterranean Salad & Flatbread

Fiesta Black Bean Burrito

Vegan Chickenless Crispy Sandwich

Vegan Bolognese Penne Pasta & Roll

Vegan Chickenless Nuggets & Roll

Philly Cheesesteak

Cheesy Italian Sampler with Marinara

Asian Chicken Dumplings

Game Day Sampler: Mini Buffalo Chicken
Calzones & Pepper Jack Pretzel Bites

Carne Asada Tacos



CLOSED

Deep Dish Pepperoni Pizza

Penne Pasta Marinara & Beef Meatballs

Buffalo Chicken Dip & Tostito Chips

Carne Asada Tacos
Strawberry Jonny Popsicle



CLOSED

Cheesy Italian Sampler with Marinara

Asian Chicken Dumplings

Game Day Sampler: Mini Buffalo Chicken
Calzones & Pepper Jack Pretzel Bites

Carne Asada Tacos

Philly Cheesesteak

Deep Dish Beef Pepperoni Pizza

Penne Pasta Marinara & Beef Meatballs

Buffalo Chicken Dip & Tostito Chips

Carne Asada Tacos

Fruits & Vegetables

Chilled Applesauce Cup
Cool Tropics Mango Peach Juice Slush
Crispy Crinkle-Cut French Fries
Steamed Broccoli Florets

Strawberry Fruit Cup
Juicy Juice Fruit Punch
Seasoned Sweet Potato Wedges
Fiesta Black Beans
VegBlend Cherry Smooth Slush

Peach Fruit Cup
Juicy Juice Fruit Punch
Southern-Cooked Green Beans
Crunchy Celery
VegBlend Cherry Smooth Slush

Mixed Berry Fruit Cup
Juicy Juice Fruit Punch
Golden Corn
Sweet Orange-Glazed Carrots
VegBlend Cherry Smooth Slush

Fresh Apple Slices
Cool Tropics Berry Blue Slush
Creamy Tomato Soup
Green Peas

Daily Fresh Fruit & Beverages

- Build a salad at our Farm-to-School Garden Bar.
- Our fruit basket includes apples, oranges, pears, and bananas.
- Enjoy 100% orange juice and fruit-infused water at our Hydration Stations.
- Choose from skim white, skim chocolate, or lactose-free 1% milk.
- Each lunch includes an entrée, two fruits, two vegetables, and a choice of milk.

A la Carte Special

Add a Smucker's PB&J Uncrustable
to your lunch for just \$1 when you
choose a complete lunch!

Harvest of the Week

- February 3-7: Kiwi & Spinach
- February 10-14: Local Strawberries & Jicama
- February 17-21: Plums & Broccoli
- February 24-28: Grapefruit & Cauliflower