



**What is a Meal?**

You must choose at least 3 of the 5 components available for the school lunch price.  
**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate, strawberry, or vanilla

**Weekly Vegetable Subgroups**

**May Include:**

**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - white potatoes, corn, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:** oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Alternate Daily Entree Option Choices:**

**WOW Butter & Jelly Sandwich with String Cheese & Graham Snack**

**Choice of Craveable:**

**Weeks 1 & 4 Nachos**  
**Weeks 2 & 5 Yogurt with String Cheese & Graham Snack**  
**Weeks 3 & 6 Pizza**

**Grilled Chicken Salad w/ roll**

**Popcorn Chicken**

**Cheese Pizza**



August Nutritious Friend



September Nutritious Friend

Be sure to try them on Sample Day

**Lunch Prices**

Student \$2.65  
Student Tier \$3.45  
Reduced \$.40  
Adult \$3.75  
Adult Tier \$4.70

**Food Service Director**

**John Rambo**  
412-655-8610 x96270  
[Jrambo@wjhsd.net](mailto:Jrambo@wjhsd.net)

**Monday**

8/26/2019

BBQ Ribby  
On a Bun  
or  
Popcorn Chicken  
with a Dinner Roll  
**Featured Veggies:**  
Tater Tots  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**Tuesday**

8/27/2019

Taco Pizza (T)  
or  
Nachos Grande  
Tortilla Chips  
**Featured Veggies:**  
Black Beans  
Tomato & Onion Salsa  
Choice of Fruit  
Choice of Milk

**Wednesday**

8/28/2019

Hot Ham and Cheese  
On a Pretzel Roll  
or  
French Toast Sticks  
With Sausage Patties  
**Featured Veggies:**  
Hash Brown Potato  
Fresh Cucumber Slices  
Choice of Fruit/Milk  
**OPEN HOUSE**

**Thursday**

8/29/2019

Chicken Patty  
On a Bun  
or  
Spaghetti & Meat Sauce  
Garlic Bread Stick  
**Featured Veggies:**  
Steamed Corn  
Romaine Salad  
Choice of Fruit  
Choice of Milk

**Friday**

8/30/2019

Pierogi Meal  
String Cheese  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Cherry Tomatoes  
Roasted Zucchini  
Choice of Fruit  
Choice of Milk

9/2/2019

**LABOR DAY**



Schools Closed

9/3/2019

Stuffed Crust Pizza(T)  
or  
Walking Taco  
with a Dinner Roll  
**Featured Veggies:**  
Green Beans  
Spinach Salad  
Choice of Fruit  
Choice of Milk

9/4/2019

Hot Dog  
On a Roll  
or  
Turkey and Cheese  
Wrap  
**Featured Veggies:**  
Tater Tots  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

9/5/2019

Toasted  
Cheese Sandwich  
or  
Beef & Mac  
Garlic Bread Stick  
**Featured Veggies:**  
Tomato Soup  
Corn Salad  
Choice of Fruit  
Choice of Milk

9/6/2019

BBQ Ribby  
On a Bun  
or  
Homemade  
Pepperoni Pizza (T)  
**Featured Veggies:**  
Baby Carrots  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

9/9/2019

Turkey & Cheese  
On a Croissant  
or  
Popcorn Chicken  
with a Dinner Roll  
**Featured Veggies:**  
French Fries  
Steamed Corn  
Choice of Fruit  
Choice of Milk

9/10/2019

French Bread Pizza(T)  
or  
Beef Taco  
On a Soft Tortilla  
**Featured Veggies:**  
Black Beans  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

9/11/2019

Cheese Burger  
On a Bun  
or  
Asian Sesame Chicken  
Over Rice  
**Featured Veggies:**  
Steamed Broccoli  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

9/12/2019

Chicken Nugget  
with a Dinner Roll  
or  
Macaroni & Cheese  
**Featured Veggies:**  
Yellow Beans  
Cucumber Salad  
Choice of Fruit  
Choice of Milk

9/13/2019

Ham and Cheese  
Wrap  
or  
Pepperoni Roll(T)  
with dipping sauce  
**Featured Veggies:**  
Oven Fries  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

9/16/2019

Toasted  
Cheese Sandwich  
or  
Chicken Nuggets  
Pretzel Sticks  
**Featured Veggies:**  
Tomato Soup  
Tater Tots  
Choice of Fruit  
Choice of Milk

9/17/2019

Corn Dog  
or  
Nachos Grande  
Tortilla Chips  
**Featured Veggies:**  
Baked Beans  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

9/18/2019

Bacon Cheese Burger(T)  
On a Bun  
or  
Chicken & Cheese  
Quesadilla  
**Featured Veggies:**  
Curley Fries  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

9/19/2019

Hot Ham and Cheese  
On a Pretzel Roll  
or  
Penne Pasta & Meatballs  
Garlic Bread  
**Featured Veggies:**  
Green Beans  
Caesar Salad  
Choice of Fruit  
Choice of Milk

9/20/2019

General Tso Chicken(T)  
Over Rice  
or  
Pepperoni Pizza  
**Featured Veggies:**  
Baby Carrots  
Corn Salad  
Choice of Fruit  
Choice of Milk

9/23/2019

Philly Steak & Cheese  
On a Roll  
or  
Popcorn Chicken  
with a Dinner Roll  
**Featured Veggies:**  
Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

9/24/2019

Chicken Patty  
On a Bun  
or  
Nacho Grande  
Tortilla Chips  
**Featured Veggies:**  
Mexicali Corn  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

9/25/2019

Cheese Burger  
On a Bun  
or  
French Toast Sticks  
With Sausage Patties  
**Featured Veggies:**  
Potato Triangles  
Ranchero Carrots  
Choice of Fruit  
Choice of Milk

9/26/2019

Pulled BBQ Pork  
On a Bun  
or  
Chicken Nuggets  
**Featured Veggies:**  
Steamed Broccoli  
Celery w/Ranch  
Choice of Fruit  
Choice of Milk

9/27/2019

Pierogi Meal  
String Cheese  
or  
Taco Pizza(T)  
**Featured Veggies:**  
Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

9/30/2019

Cheese Burger  
On a Bun  
or  
General Tso Chicken(T)  
Over Rice  
**Featured Veggies:**  
Steamed Broccoli  
Cucumber Slices  
Choice of Fruit/Milk  
**2 Hour Delay Day**

10/1/2019

Hot Ham &  
Cheese Sandwich  
or  
Walking Taco  
with a Dinner Roll  
**Featured Veggies:**  
Black Beans  
Green Peas  
Choice of Fruit  
Choice of Milk

10/2/2019

Egg, Sausage & Cheese  
On a Croissant  
or  
Wing Day(T)  
Boneless or Bone in w/Sauce  
**Featured Veggies:**  
Tater Tots  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

10/3/2019

Chicken Patty  
On a Roll  
or  
Penne Pasta with Meatballs  
Garlic Bread  
**Featured Veggies:**  
Oven Fries  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

10/4/2019

Mini Corn Dogs  
or  
Italian Dunkers  
with Sauce  
**Featured Veggies:**  
Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk