

MAY - JUNE
2019



Metz
CULINARY MANAGEMENT

Jefferson Hills Intermediate
School Lunch Menu

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:

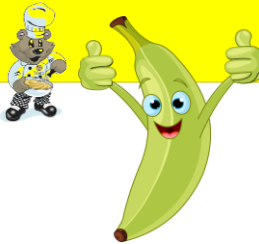
WOW Butter & Jelly Sandwich with String Cheese & Graham Snack

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



Positive Plantain

May's Nutritious Friend

Lunch Prices

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

Food Service Director

John Rambo
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Jrambo@wjhsd.net

Monday

5/6/2019

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

5/7/2019

Turkey & Cheese
Hoagie
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Chick Pea Salad
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

Wednesday

5/8/2019

PICNIC DAY

Hamburger, Hot Dog
or Cheeseburger
Baked Beans
Carrots & Celery
Watermelon
Icy Juicy
Chips
Choice of Milk

Thursday

5/9/2019

Chicken Patty
On a Bun
or
French Bread Pizza(T)

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

Friday

5/10/2019

Pierogi Meal
String Cheese
or
Mini Peperoni Calzones(T)
with Sauce

Featured Veggies:

Cherry Tomatoes
Green Beans
Choice of Fruit
Choice of Milk

5/13/2019

Italian Meatball
Hoagie
or
Chicken Nuggets
with a Dinner Roll

Featured Veggies:

Hot Sliced Apples
Celery Sticks
Choice of Fruit
Choice of Milk

5/14/2019

Stuffed Crust Pizza(T)
or
Walking Taco
with a Dinner Roll

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit/Milk

5/15/2019

Hot Dog
On a Roll
or
Chicken Fries

Featured Veggies:

Tater Tots
Green Pepper Strips
Choice of Fruit
Choice of Milk

5/16/2019

National BBQ Day
BBQ Ribby on a Bun
or
Spaghetti and Meatballs
Garlic Bread Stick

Featured Veggies:

Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

5/17/2019

Fish Sticks
or
Big Daddy's
Pepperoni Pizza(T)

Featured Veggies:

Baby Carrots
Chick Pea Salad
Choice of Fruit
Choice of Milk

5/20/2019

Mini Peperoni Calzones(T)
with Sauce
or
Popcorn Chicken

Featured Veggies:

French Fries
Steamed Corn
Choice of Fruit
Choice of Milk

5/21/2019

French Bread Pizza(T)
or
Nacho Grande
Tortilla Chips

Featured Veggies:

Black Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

5/22/2019

Mozzarella Cheese Sticks
with dipping sauce
or
Asian Sesame Chicken
Over Rice

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

5/23/2019

Chicken Nugget
with a Dinner Roll
or
Macaroni & Cheese

Featured Veggies:

Yellow Beans
Cucumber Salad
Choice of Fruit
Choice of Milk

5/24/2019

Fish Sticks
or
Pepperoni Roll(T)
with dipping sauce

Featured Veggies:

Oven Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

5/27/2019

MEMORIAL DAY



School Closed

5/28/2019

National Hamburger Day

Cheeseburger on a Bun
or
Nachos Grande
Tortilla Chips

Featured Veggies:

Baked Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

5/29/2019

Big Daddy's
Pepperoni Pizza(T)
or
Turkey & Cheese
on a Croissant

Featured Veggies:

Curley Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

5/30/2019

INSERVICE DAY



No School

5/31/2019

SCHOOL PICNIC



No School

6/3/2019

Popcorn Chicken
with a Dinner Roll
or
Chefs Choice

Featured Veggies:

Oven Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

6/4/2019

Cheese Burger
On a Bun
or
Chefs Choice

Featured Veggies:

Baked Beans
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

6/5/2019

French Toast Sticks
With Sausage Patties
or
Chefs Choice

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

6/6/2019

1/2 Day of School



No Lunch Service

6/7/2019



Have a Safe
and Fun
Summer
Vacation!!!



Thanks for a
great year!!
See you in
August!!