

NOVEMBER
DECEMBER 2018



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 Yugurt with

String Cheese & Graham Snack
Weeks 3 & 6 Pizza

Grilled Chicken Salad w/ roll

Popcorn Chicken

Cheese Pizza



Beat-head
BEEET

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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Monday

11/19/2018

THANKSGIVING DINNER

Roasted Turkey
Mashed Potatoes
Bread Stuffing
Turkey Gravy

Featured Veggies:

Garden Peas
Pumpkin Pie
Choice of Fruit
Choice of Milk

Tuesday

11/20/2018

Early Dismissal
For Conferences

No Lunch Service

Wednesday

11/21/2018

NO SCHOOL
Afternoon & Evening
Conferences

Thursday

11/22/2018

Thanksgiving Recess



Friday

11/23/2018

Thanksgiving Recess

11/26/2018

Thanksgiving Recess



11/27/2018

Stuffed Crust Pizza(T)

or

Hot Dog
On a Roll

Featured Veggies:

Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

National French Toast Day

French Toast Sticks
With Sausage Patties
or
Turkey and Cheese
Wrap

Featured Veggies:

Tater Tots
Green Pepper Strips
Choice of Fruit
Choice of Milk

11/29/2018

Toasted
Cheese Sandwich
or
Philly Steak & Cheese
On a Roll

Featured Veggies:

Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

11/30/2018

BBQ Ribby
On a Bun
or
Big Daddy's
Pepperoni Pizza(T)

Featured Veggies:

Baby Carrots
Chick Pea Salad
Choice of Fruit
Choice of Milk

12/3/2018

Turkey & Cheese
On a Croissant
or
Popcorn Chicken
with a Dinner Roll

Featured Veggies:

French Fries
Steamed Corn
Choice of Fruit
Choice of Milk

12/4/2018

French Bread Pizza(T)
or
Macaroni & Cheese

Featured Veggies:

Black Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

12/5/2018

Cheese Burger
On a Bun
or
Asian Sesame Chicken
Over Rice

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

12/6/2018

Chicken Nugget
with a Dinner Roll
or
Nacho Grande
Tortilla Chips

Featured Veggies:

Yellow Beans
Cucumber Salad
Choice of Fruit
Choice of Milk

12/7/2018

Ham and Cheese
Wrap
or
Pepperoni Roll(T)
with dipping sauce

Featured Veggies:

Oven Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

12/10/2018

Toasted
Cheese Sandwich
or
Chicken Nuggets
Pretzel Sticks

Featured Veggies:

Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

12/11/2018

Corn Dog
or
Nacho Grande
Tortilla Chips

Featured Veggies:

Baked Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

12/12/2018

Bacon Cheese Burger(T)
On a Bun
or
Chicken & Cheese
Quesadilla

Featured Veggies:

Curley Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

12/13/2018

Hot Ham and Cheese
On a Pretzel Roll
or
General Tso Chicken(T)
Over Rice

Featured Veggies:

Green Beans
Caesar Salad
Choice of Fruit
Choice of Milk

12/14/2018

Mini Pepperoni Calzone(T)
with dipping sauce
or
Hot Dog
on a bun

Featured Veggies:

Baby Carrots
Corn Salad
Choice of Fruit
Choice of Milk

12/17/2018

Jacked Up Fries
Philly Steak & Cheese
or
Popcorn Chicken
with a Dinner Roll

Featured Veggies:

Oven Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

12/18/2018

Chicken Patty
On a Bun
or
Nacho Grande
Tortilla Chips

Featured Veggies:

Mexicala Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

12/19/2018

Cheese Burger
On a Bun
or
French Toast Sticks
With Sausage Patties

Featured Veggies:

Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

12/20/2018

Pulled BBQ Pork
On a Bun
or
Italian Dunker
with dipping sauce

Featured Veggies:

Steamed Broccoli
Celery w/Ranch
Choice of Fruit
Choice of Milk

12/21/2018

Pierogie Meal
String Cheese
or
Taco Pizza(T)

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

12/24/2018

HOLIDAY RECESS



Seasons
Greetings!

ZWAN1.COM

12/25/2018

HOLIDAY RECESS

12/26/2018

HOLIDAY RECESS



12/27/2018

HOLIDAY RECESS

Holiday
Wishes

12/28/2018

HOLIDAY RECESS

