

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
Meal 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:**

WOWButter&Jelly Sandwich
with
String Cheese & Graham Snack

Choice of Craveable:

Weeks 1 & 4 Nachos

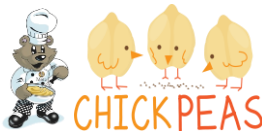
Weeks 2 & 5 Yogurt with

String Cheese & Graham Snack

Weeks 3 & 6 Pizza

Popcorn Chicken

Cheese Pizza



January Nutritious Friends

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@whsd.net

Monday 12/31/2018	Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019
		 In-Service Day No Classes No Lunch Service	Chicken Patty On a Bun or Alternate Selection Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit Choice of Milk	French Bread Pizza(T) or Alternate Selection Featured Veggies: Cherry Tomatoes Green Beans Choice of Fruit Choice of Milk
1/7/2019 Chicken Nuggets with a Dinner Roll or Alternate Selection Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	1/8/2019 Stuffed Crust Pizza (T) or Alternate Selection Featured Veggies: Green Beans Spinach Salad Choice of Fruit Choice of Milk	1/9/2019 Hot Dog On a Roll or Alternate Selection Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk	1/10/2019 Toasted Cheese Sandwich or Alternate Selection Featured Veggies: Cherry Tomatoes Corn Salad Choice of Fruit Choice of Milk	1/11/2019 Big Daddy's Pepperoni Pizza (T) or Alternate Selection Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk
1/14/2019 Turkey & Cheese On a Croissant or Alternate Selection Featured Veggies: Oven Fries Steamed Corn Choice of Fruit Choice of Milk	1/15/2019 Nacho Grande Tortilla Chips or Alternate Selection Featured Veggies: Black Beans Tomato Wedges Choice of Fruit Choice of Milk	1/16/2019 Cheese Burger On a Bun or Alternate Selection Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	1/17/2019 Macaroni & Cheese or Alternate Selection Featured Veggies: Yellow Beans Cucumber Salad Choice of Fruit Choice of Milk	1/18/2019 Mini Peperoni Calzones(T) with dipping sauce or Alternate Selection Featured Veggies: Oven Fries Steamed Carrots Choice of Fruit Choice of Milk
1/21/2019  M. L. King Jr. Holiday No School	1/22/2019 Mini Corn Dogs or Alternate Selection Featured Veggies: Baked Beans Lettuce & Tomato Choice of Fruit Choice of Milk	1/23/2019 Bacon Cheese Burger (T) On a Bun or Alternate Selection Featured Veggies: Curley Fries Steamed Carrots Choice of Fruit Choice of Milk	1/24/2019 Penne Pasta & Meatballs Garlic Bread or Alternate Selection Featured Veggies: Green Beans Caesar Salad Choice of Fruit Choice of Milk	1/25/2019 Cheese Pizza Sticks with dipping sauce or Alternate Selection Featured Veggies: Baby Carrots Corn Salad Choice of Fruit Choice of Milk
1/28/2019 Popcorn Chicken with a Dinner Roll or Alternate Selection Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk	1/29/2019 Nachos Grande Tortilla Chips or Alternate Selection Featured Veggies: Mexicala Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	1/30/2019 French Toast Sticks With Sausage Patties or Alternate Selection Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk	1/31/2019 Chicken Patty On a Bun or Alternate Selection Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	2/1/2019 Pierogi Meal or Alternate Selection Featured Veggies: Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk
2/4/2019 Cheese Burger On a Bun or Alternate Selection Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	2/5/2019 Walking Taco Pretzel Sticks or Alternate Selection Featured Veggies: Black Beans Corn Salad Choice of Fruit Choice of Milk	2/6/2019 Boneless Chicken Wings(T) with BBQ Sauce or Alternate Selection Featured Veggies: Tater Tots Carrot Sticks Choice of Fruit Choice of Milk	2/7/2019 Penne Pasta with Meatballs Garlic Bread or Alternate Selection Featured Veggies: Oven Fries Tomato & Onion Salad Choice of Fruit Choice of Milk	2/8/2019 Italian Dunkers with dipping sauce or Alternate Selection Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk