



**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**



February Nutritious Friends



March 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](mailto:Jrambo@whsd.net)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2/11/2019</b> BBQ Ribby On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Tater Tots Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>2/12/2019</b> Nachos Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Tomato &amp; Onion Salsa Choice of Fruit Choice of Milk</p>	<p><b>2/13/2019</b> French Toast Sticks With Sausage Patties or Alternate Selection</p> <p><b>Featured Veggies:</b> Hash Brown Potato Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>2/14/2019</b> Chicken Patty On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Corn Romaine Salad Choice of Fruit Choice of Milk</p>	<p><b>2/15/2019</b> French Bread Pizza(T) or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Green Beans Choice of Fruit Choice of Milk</p>
<p><b>2/18/2019</b> Presidents Day No School</p>	<p><b>2/19/2019</b> Stuffed Crust Pizza (T) or Alternate Selection</p> <p><b>Featured Veggies:</b> Green Beans Spinach Salad Choice of Fruit Choice of Milk</p>	<p><b>2/20/2019</b> Hot Dog On a Roll or Alternate Selection</p> <p><b>Featured Veggies:</b> Tater Tots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>2/21/2019</b> Toasted Cheese Sandwich or Alternate Selection</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Corn Salad Choice of Fruit Choice of Milk</p>	<p><b>2/22/2019</b> Big Daddy's Pepperoni Pizza (T) or Alternate Selection</p> <p><b>Featured Veggies:</b> Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk</p>
<p><b>2/25/2019</b> Italian Meatball Hoagie or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>2/26/2019</b> Nacho Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Tomato Wedges Choice of Fruit Choice of Milk</p>	<p><b>2/27/2019</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>2/28/2019</b> Macaroni &amp; Cheese or Alternate Selection</p> <p><b>Featured Veggies:</b> Yellow Beans Cucumber Salad Choice of Fruit Choice of Milk</p>	<p><b>3/1/2019</b> Mini Peperoni Calzones(T) with dipping sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Steamed Carrots Choice of Fruit Choice of Milk</p>
<p><b>3/4/2019</b> Chicken Nuggets Pretzel Sticks or Alternate Selection</p> <p><b>Featured Veggies:</b> Tomato Wedges Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>3/5/2019</b> Mini Corn Dogs or Alternate Selection</p> <p><b>Featured Veggies:</b> Baked Beans Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>3/6/2019</b> Fish Sticks or Alternate Selection</p> <p><b>Featured Veggies:</b> Curley Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p><b>3/7/2019</b> Penne Pasta &amp; Meatballs Garlic Bread or Alternate Selection</p> <p><b>Featured Veggies:</b> Green Beans Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>3/8/2019</b> Cheese Pizza Sticks with dipping sauce or Fish Sticks</p> <p><b>Featured Veggies:</b> Baby Carrots Corn Salad Choice of Fruit Choice of Milk</p>
<p><b>3/11/2019</b> Sloppy Joe On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p><b>3/12/2019</b> Nachos Grande Tortilla Chips or Alternate Selection</p> <p><b>Featured Veggies:</b> Mexicala Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>3/13/2019</b> French Toast Sticks With Sausage Patties or Alternate Selection</p> <p><b>Featured Veggies:</b> Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk</p>	<p><b>3/14/2019</b> Chicken Patty On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p><b>3/15/2019</b> Pierogi Meal or Fish Sticks</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>3/18/2019</b> Cheese Burger On a Bun or Alternate Selection</p> <p><b>Featured Veggies:</b> Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>3/19/2019</b> Walking Taco Pretzel Sticks or Alternate Selection</p> <p><b>Featured Veggies:</b> Black Beans Corn Salad Choice of Fruit Choice of Milk</p>	<p><b>3/20/2019</b> Boneless Chicken Wings(T) with BBQ Sauce or Alternate Selection</p> <p><b>Featured Veggies:</b> Tater Tots Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>3/21/2019</b> Penne Pasta with Meatballs Garlic Bread or Alternate Selection</p> <p><b>Featured Veggies:</b> Oven Fries Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>3/22/2019</b> Italian Dunkers with dipping sauce or Fish Sticks</p> <p><b>Featured Veggies:</b> Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>