



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free white, chocolate, vanilla and strawberry.

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad. Red/Orange - carrots, sweet potatoes, tomatoes and red peppers. Legumes - beans and peas. Starchy - potatoes, corn, peas & lima beans. Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers.

Daily Fruit Selections

May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges.

Leave Your Lunch at Home

Daily entrée options may include: Cheese Burger on a Bun, Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, Cheese or Pepperoni Pizza.

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll, Strawberry Spinach Salad with Dinner Roll, Chopped Garden Salad with Dinner Roll, Taco Salad with Dinner Roll.

Asian BBQ Chicken Wrap, Chicken Caesar Wrap, Club Sandwich Wrap.

Turkey & Cheese Flat Bread, Buffalo Chicken Roll Up Wrap, Turkey & Spinach Roll Up Wrap.



January Nutritious Friends

Lunch Prices
Student \$2.90
Student Tier \$3.85
Reduced \$4.40
Adult \$3.75
Adult Tier \$4.70

John Rambo

412-655-8610 x96270
Jrambo@wjhsd.net

USDA is an equal opportunity provider and employer.

Monday
12/31/2018



Tuesday
1/1/2019

Wednesday
1/2/2019



In-Service Day
No Classes
No Lunch Service

Thursday

BREAKFAST GRILLE
French Toast Sticks
With Sausage Patties
or
Big Daddy's
Pizza (T)
Featured Veggies:
Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Friday

1/4/2019
Chicken Patty on a Bun
Spicy or Regular
or
Jaguar Burger(T)
On a Bun
Featured Veggies:
Cherry Tomatoes
Green Beans
Choice of Fruit
Choice of Milk

1/7/2019

Italian Meatball
Calzone (T)
or
Chicken Nuggets
with a Dinner Roll
Featured Veggies:
Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

PIZZA BAR

Variety of Pizzas
Garlic Bread Stick
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

WING BAR (T)

Bone in or Boneless
Choice of Sauce
or
Pepperoni Pizza
Featured Veggies:
Tater Tots
Celery Sticks
Choice of Fruit
Choice of Milk

CHEESE STEAK GRILL

Philly Steak & Cheese
Try a Large for Tier Price
or
Texas Toasted
Cheese Sandwich
Featured Veggies:
Tomato Soup
Cole Slaw
Choice of Fruit
Choice of Milk

1/11/2019

Hot Ham and Cheese
On a Croissant
or
Pepperoni Roll (T)
with Sauce
Featured Veggies:
Baby Carrots
Chick Pea Salad
Choice of Fruit
Choice of Milk

1/14/2019

Turkey & Cheese Melt
On a Pretzel Roll
or
Chicken Mash Potato
Bowl (T)
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

DELI BAR (T)

Assorted Meats & Cheese
Choice of Bread or Roll
or
Beef Taco
On a Soft Tortilla
Featured Veggies:
Chick Pea Salad
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

1/16/2019

Toasted Spicy Chicken
Quesadilla
or
General Tso's Chicken(T)
w/Fried Rice & Egg Roll
Featured Veggies:
Steamed Broccoli
Curley Fries
Choice of Fruit
Choice of Milk

BUILD A BURGER

Jaguar Burger(T)
Choice of Toppings
or
Macaroni & Cheese
with a Dinner Roll
Featured Veggies:
Green Beans
Carrot Sticks
Choice of Fruit
Choice of Milk

1/18/2019

Pepperoni Roll (T)
with Sauce
or
Cheese Pizza Sticks
with dipping sauce
Featured Veggies:
Cucumber Salad
Steamed Carrots
Choice of Fruit
Choice of Milk

1/21/2019



M. L. King Jr. Holiday
No School

MEXICAN BAR

Nacho Grande
Choice of Chicken or Beef
or
Mini Corn Dogs
Featured Veggies:
Refried Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

1/23/2019

Open Faced Meatball
Parmesan on Garlic Toast
or
Penne Pasta & Meatballs
Garlic Bread
Featured Veggies:
Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

Waffle Bar(T)

Belgian Waffles, Toppings
With Sausage Patties
or
Spicy Chicken Patty
On a Bun
Featured Veggies:
French Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

1/25/2019

General Tso Chicken(T)
w/Fried Rice
or
Italian Dunkers
with Sauce
Featured Veggies:
Baby Carrots
Cauliflower
Choice of Fruit
Choice of Milk

1/28/2019

Cheese Burger
On a Bun
or
Chicken Mash Potato
Bowl (T)
Featured Veggies:
Oven Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

WING BAR (T)

Bone in or Boneless
Choice of Sauce
or
Walking Taco
Pretzel Sticks
Featured Veggies:
Mexicala Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

1/30/2019

Spicy Chicken Patty
On a Bun
or
French Toast Sticks
With Sausage Patties
Featured Veggies:
Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

VILLA TOSCANO GRILLE

Pasta Bar
Garlic Bread Stick
or
Italian Dunkers
with Sauce
Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

2/1/2019

Pierogi Meal
w/ String Cheese
or
French Bread Pizza(T)
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

2/4/2019

Jaguar Burger(T)
On a Bun
or
Popcorn Chicken
with a dinner roll
Featured Veggies:
Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

DELI BAR (T)

Assorted Meats & Cheese
Choice of Bread or Roll
or
Chicken Parmesan
On a Bun
Featured Veggies:
Steamed Corn
Baked Beans
Choice of Fruit
Choice of Milk

2/6/2019

Egg, Sausage & Cheese
On a Croissant
or
General Tso Chicken(T)
w/Fried Rice & Egg Roll
Featured Veggies:
Tater Tots
Carrot Sticks
Choice of Fruit
Choice of Milk

TJ CHIPOTLE GRILL

Our Version of Chipotle(T)
On a Soft Tortilla
or
Mini Corn Dogs
Featured Veggies:
Curley Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

2/8/2019

Buffalo Chicken
Hoagie (T)
or
Italian Dunkers
with Sauce
Featured Veggies:
Baby Carrots
Green Beans
Choice of Fruit
Choice of Milk