

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



Positive Plantain

May's Nutritious Friend

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

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

WING BAR (T)

Bone in or Boneless
Choice of Sauce
or

Hot Ham & Chees
On a Pretzel Roll

Featured Veggies:

Baked Beans
Tomato Wedges
Choice of Fruit
Choice of Milk

Wednesday

5/8/2019

Italian Dunkers
with Sauce
or
Spaghetti & Meat Sauce
Garlic Bread

Featured Veggies:

Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

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

5/10/2019

PICNIC DAY
Hamburger, Hot Dog
or Cheeseburger

Baked Beans
Carrots & Celery

Watermelon
Icy Juicy
Chips
Choice of Milk

5/13/2019

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

National BBQ Day

BBQ Ribby
On a Bun
or

Philly Steak & Cheese
Try a Large for Tier Price

Featured Veggies:

Golden Corn
Cole Slaw
Choice of Fruit
Choice of Milk

5/17/2019

Egg, Sausage & Cheese
On a Croissant
or

Pepperoni Roll (T)

Featured Veggies:

Baby Carrots
Chick Pea Salad
Choice of Fruit/Milk

5/20/2019

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

5/22/2019

Spicy Chicken Patty
On a Bun
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

5/24/2019

Pierogi Meal
String Cheese
or

Big Daddy's
Pizza (T)

Featured Veggies:

Cucumber Salad
Steamed Carrots
Choice of Fruit
Choice of Milk

5/27/2019

MEMORIAL DAY



School Closed

MEXICAN BAR

Nacho Grande
Choice of Chicken or Beef
or
Taco Pizza (T)

Featured Veggies:

Refried Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

5/29/2019

Italian Meatball
Calzone (T)
or
Texas Toast

Featured Veggies:

Tomato Soup
Caesar Salad
Choice of Fruit
Choice of Milk

INSERVICE



No School

5/31/2019

SCHOOL PICNIC



No School

6/3/2019

Chicken Mash Potato
Bowl (T)
or
Chefs Choice

Featured Veggies:

Oven Fries
Chick Pea Salad
Choice of Fruit
Choice of Milk

6/4/2019

Jaguar Burger(T)
On a Bun
or
Chefs Choice

Featured Veggies:

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

WING BAR (T)

Bone in or Boneless
Choice of Sauce
or
Chefs Choice

Featured Veggies:

Oven Fries
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!!