



**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



February's  
**Nutritious Friend**

Avocado-do



March'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](mailto:Jrambo@wjhsd.net)

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**Monday**

2/11/2019

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**

2/13/2019

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**

2/15/2019

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

2/18/2019



Presidents Day  
No School

**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



2/22/2019

Egg, Sausage & Cheese  
On a Croissant  
or

Pepperoni Roll (T)  
with Sauce

**Featured Veggies:**

Baby Carrots  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

2/25/2019

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

2/27/2019

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

3/1/2019

General Tso Chicken(T)  
with rice  
or

Cheese Pizza Sticks  
with dipping sauce

**Featured Veggies:**

Cucumber Salad  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

3/4/2019

Italian Meatball  
Calzone (T)  
or

Mini Corn Dogs

**Featured Veggies:**

Oven Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**MEXICAN BAR**

Nacho Grande  
Choice of Chicken or Beef  
or

Jaguar Burger(T)  
On a Bun

**Featured Veggies:**

Refried Beans  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

3/6/2019

Open Faced Meatball  
Parmesan on Garlic Toast  
or

Crispy Fish Sandwich  
On a Bun

**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

3/8/2019

Pepperoni Roll (T)  
or

Italian Dunkers  
**Lenten Option**  
**Popcorn Shrimp**

**Featured Veggies:**

Baby Carrots  
Cauliflower  
Choice of Fruit  
Choice of Milk

3/11/2019

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

3/13/2019

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

3/15/2019

Pierogi Meal  
or  
French Bread Pizza(T)

**Lenten Option**  
**Fish Sandwich**

**Featured Veggies:**

Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

3/18/2019

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

3/20/2019

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

3/22/2019

Pepperoni Roll (T)  
or  
Italian Dunkers

**Lenten Option**  
**Fish Sticks**

**Featured Veggies:**

Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk