



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.



CHATTY
CALL-IFLOWER

April Nutritious Friend

What do you call a Cauliflower growing at the edge of a garden?

"a border cauli!"

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

3/25/2019

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

3/27/2019

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

3/29/2019

Pierogi Meal
String Cheese

or
Mini Peperoni Calzone (T)

Lenten Option

Popcorn Shrimp
Featured Veggies:
Cherry Tomatoes
Green Beans
Choice of Fruit/Milk

4/1/2019

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/Milk
National PB&J Day

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
National Grilled Cheese Month

Texas Toasted
Cheese Sandwich

Featured Veggies:

Tomato Soup
Cole Slaw
Choice of Fruit/Milk

4/5/2019

Egg, Sausage & Cheese
On a Croissant

or
Pepperoni Roll (T)

Lenten Option

Fish Sandwich
Featured Veggies:
Baby Carrots
Chick Pea Salad
Choice of Fruit/Milk

4/8/2019

Turkey & Cheese Melt
On a Pretzel Roll

or
Chicken Mash Potato
Bowl (T)

Featured Veggies:

Mashed Potatoes
Steamed Corn
Choice of Fruit/Milk
National Empanada Day

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

4/10/2019

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

4/12/2019

Pierogi Meal
String Cheese

or
Cheese Pizza Sticks

Lenten Option

Fish Taco
Featured Veggies:
Cucumber Salad
Steamed Carrots
Choice of Fruit/Milk

4/15/2019

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
Taco Pizza (T)

Featured Veggies:

Refried Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

4/17/2019

Open Faced Meatball
Parmesan on Garlic Toast

or
Hot Dog
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/Milk
National Animal Cracker Day

4/19/2019

Spring Recess



No School

4/22/2019

Spring Recess



No School

National Picnic Day

Jaguar Burger(T)
On a Bun

or
Hot Dog
On a Bun

Featured Veggies:

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

WING BAR (T)

Bone in or Boneless
Choice of Sauce

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

4/26/2019

Pierogi Meal
or
French Bread Pizza(T)

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit/Milk
National Pretzel Day

4/29/2019

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/Milk
National Raisin Day

5/1/2019

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

5/3/2019

Pepperoni Roll (T)
or
Italian Dunkers

Featured Veggies:

Baby Carrots
Green Beans
Choice of Fruit
Choice of Milk