



**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



Aug/Sept 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

**Monday**

8/26/2019

BBQ Ribby  
On a Bun  
or

Popcorn Chicken  
with a Dinner Roll

**Featured Veggies:**

Tater Tots  
Baby Carrots  
Choice of Fruit  
Choice of Milk

9/2/2019

**LABOR DAY**



Schools Closed

9/9/2019

Turkey & Cheese Melt  
On Flat Bread  
or

Chicken Mash Potato  
Bowl (T)

**Featured Veggies:**

Mashed Potatoes  
Steamed Corn  
Choice of Fruit  
Choice of Milk

9/16/2019

Steal and Cheese  
On a Roll  
or

Chicken Nuggets  
Pretzel Sticks

**Featured Veggies:**

Tater Tots  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

9/23/2019

Cheese Burger  
On a Bun  
or

Chicken Mash Potato  
Bowl (T)

**Featured Veggies:**

Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

9/30/2019

Cheese Burger  
On a Bun  
or

General Tso Chicken(T)  
over rice

**Featured Veggies:**

Steamed Broccoli  
Cucumber Slices  
Choice of Fruit/Milk  
**2 Hour Delay Day**

**Tuesday**

**WING BAR (T)**

Boneless Wings  
Choice of Sauce  
or

Hot Ham & Chees  
On a Pretzel Roll

**Featured Veggies:**

Baked Beans  
Tomato Wedges  
Choice of Fruit  
Choice of Milk

**DELI BAR (T)**

Assorted Meats & Cheese

Choice of Bread or Roll  
or

Peperoni Pizza

**Featured Veggies:**

Green Beans  
Spinach Salad  
Choice of Fruit  
Choice of Milk

**PIZZA BAR**

Variety of Pizzas  
Garlic Bread Stick  
or

Beef Taco  
On a Soft Tortilla

**Featured Veggies:**

Refried Beans  
Stewed Tomatoes  
Choice of Fruit/Milk  
**OPEN HOUSE**

**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

**WING BAR (T)**

Bone in or Boneless  
Choice of Sauce  
or

Walking Taco  
Pretzel Sticks

**Featured Veggies:**

Mexicali Corn  
Tomato & Onion Salad  
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

**Wednesday**

8/28/2019

Italian Dunkers  
with Sauce  
or

Spaghetti & Meat Sauce  
Garlic Bread

**Featured Veggies:**

Steamed Corn  
Romaine Salad  
Choice of Fruit  
Choice of Milk

9/4/2019

Turkey Club  
Sandwich  
or

Nachos Grande  
Tortilla Chips

**Featured Veggies:**

Tater Tots  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

9/11/2019

Toasted Spicy Chicken  
Quesadilla  
or

General Tso's Chicken(T)  
over rice

**Featured Veggies:**

Steamed Broccoli  
Curley Fries  
Choice of Fruit  
Choice of Milk

9/18/2019

Hot Ham and Cheese  
On a Pretzel Roll  
or

Penne Pasta & Meatballs  
Garlic Bread

**Featured Veggies:**

Potato Wedges  
Caesar Salad  
Choice of Fruit  
Choice of Milk

9/25/2019

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

10/2/2019

Egg, Sausage & Cheese  
On a Croissant  
or

Chicken Nuggets  
with a Dinner Roll

**Featured Veggies:**

Tater Tots  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**Thursday**

**BREAKFAST GRILLE**

French Toast Sticks  
With Breakfast Ham  
or

Cheese Burger  
On a Bun

**Featured Veggies:**

Hash Brown Potato  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

**CHEESE STEAK GRILL**

Philly Steak & Cheese

or

Texas Toasted  
Cheese Sandwich

**Featured Veggies:**

Tomato Soup  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**BUILD A BURGER**

Burger Bar  
Choice of Toppings  
or

Macaroni & Cheese  
with a Dinner Roll

**Featured Veggies:**

Green Beans  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**CHEESE STEAK GRILLE**

Philly Steak & Cheese  
On a Roll  
or

Spicy Chicken Patty  
On a Bun

**Featured Veggies:**

French Fries  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**VILLA TOSCANO GRILLE**

Pasta Bar  
Garlic Bread Stick  
or

Southern BBQ Pork  
On a Bun

**Featured Veggies:**

Steamed Broccoli  
Celery Sticks with Ranch  
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

**Friday**

8/30/2019

Chicken Patty on a Bun  
Spicy or Regular  
or

Homemade  
Pizza (T)

**Featured Veggies:**

Cherry Tomatoes  
Roasted Zucchini  
Choice of Fruit  
Choice of Milk

9/6/2019

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

9/13/2019

Pepperoni Roll (T)  
with Sauce  
or

Cheese Pizza Sticks  
with dipping sauce

**Featured Veggies:**

Cucumber Salad  
Steamed Carrots  
Choice of Fruit  
Choice of Milk

9/20/2019

General Tso Chicken(T)  
over rice  
or

Italian Dunkers  
with Sauce

**Featured Veggies:**

Baby Carrots  
Cauliflower  
Choice of Fruit  
Choice of Milk

9/27/2019

Pierogi Meal  
w/ String Cheese  
or

French Bread Pizza(T)

**Featured Veggies:**

Cherry Tomatoes  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

10/4/2019

Buffalo Chicken  
Hoagie (T)  
or

Italian Dunkers  
with Sauce

**Featured Veggies:**

Baby Carrots  
Green Beans  
Choice of Fruit  
Choice of Milk