

AUGUST - SEPTEMBER 2019



Thomas Jefferson High School Daily Station Features

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

UP FOR GRABs Coolers

May Include:

Chicken Caesar Salad with Dinner Roll
Strawberry Spinach Salad with Dinner Roll
Chopped Garden Salad with Dinner Roll

BBQ Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap

Turkey & Cheese Flat Bread
Buffalo Chicken Roll Up Wrap
Turkey & Spinach Roll Up Wrap
WowButter and Jelly Sandwich

Monday

GRILLE FIFTYONE

Veggie Burger
On a Bun

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Tuesday

Hot Sausage with
Peppers & Onions

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Wednesday

ALWAYS AVAILABLE

Hamburger, Cheese Burger, Steak N Cheese Hoagie

Spicy Chicken
Quesadilla

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Thursday

Turkey Burger
On a Bun

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Friday

Grilled Cheese
on Texas Toast

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Monday

VILLA MONTICELLO

Home made Cheese(T), Peperoni(T), other variety pizza(T), Traditional School Pizza

BBQ Chicken Flatbread(T)
or Buffalo Chicken Flatbread(T)

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Tuesday

Taco Pizza(T)

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Wednesday

ALWAYS AVAILABLE

Peperoni Roll(T)
with Dipping Sauce

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Thursday

Meatball Calzone(T)
or Deep Dish Pizza(T)

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Friday

Pierogi Pizza(T)

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Monday

THE CHAMPION OF ALL CHICKEN CHERP'S CHICKEN

ALWAYS AVAILABLE

Spicy and Regular Chicken Patties

Popcorn Chicken
with a Dinner Roll

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Tuesday

Chicken Sticks
with a Dinner Roll

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Wednesday

Grilled Chicken Sandwich
On a Bun

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Thursday

Chicken Nuggets
with a Dinner Roll

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Friday

Chicken Tenders
with a Dinner Roll

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Monday

Declaration DELI

ALWAYS AVAILABLE

Caesar Salad, Chopped Salad Bar and Paninis

Featured Chopped Salad
Chopped Garden Salad

Featured Panini
BBQ Chicken on Ciabatta

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Tuesday

Featured Chopped Salad
Taco Salad

Featured Panini
Turkey Rachel on Rye

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Wednesday

Featured Chopped Salad
Steak Salad

Featured Panini
Stuffed Steak & Cheese

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Thursday

Featured Chopped Salad
Cobb Salad

Featured Panini
Spicy Italian on Flat Bread

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Friday

Featured Chopped Salad
Chicken Apple Craisin

Featured Panini
Turkey Club on Ciabatta

Featured Veggies:
See Bistro 1776 Menu
For Daily Offering

Choice of Fruit
Choice of Milk

Lunch Prices
Student \$2.90
Student Tier \$3.85
Reduced \$.40
Adult \$3.75
Adult Tier \$4.70

John Rambo
412-655-8610 x96270
Jrambo@wihsd.net