

FEBRUARY - MARCH
2019



Metz
CULINARY MANAGEMENT

Thomas Jefferson High School

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



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

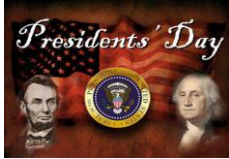
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Monday

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

2/18/2019



Presidents Day
No School

2/25/2019

Turkey & Cheese Melt
On a Croissant
or
Chicken Mash Potato
Bowl (T)
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

3/4/2019

Philly Steak & Cheese
Try a Large for Tier Price
or
Meatball Hoagie
Supersize it for Tier Pricing
Featured Veggies:
Tater Tots
Cherry Tomatoes
Choice of Fruit
Choice of Milk

3/11/2019

Cheese Burger
On a Bun
or
Chicken Mash Potato
Bowl (T)
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

3/18/2019

Philly Steak & Cheese
Try a Large for Tier Price
or
General Tso Chicken(T)
w/Fried Rice & Egg Roll
Featured Veggies:
Steamed Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

2/12/2019

Hot Ham and Cheese
On a Pretzel Roll
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Chick Pea Salad
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

2/19/2019

Pizza Sticks
with Dipping Sauce
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

Pizza Bar

Variety of Pizzas
Garlic Bread Stick
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Black Beans
Stewed Tomatoes
Choice of Fruit
Choice of Milk

3/5/2019

BBQ Ribby
On a Bun
or
Double Bacon Cheese
Burger (T)
Featured Veggies:
Potato Wedges
Caesar Salad
Choice of Fruit
Choice of Milk

3/12/2019

Chicken Sliders
Regilar or Spicy
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Mexicala Corn
Tomato & Onion Salad
Choice of Fruit
Choice of Milk

3/19/2019

Nachos Grande
Tortilla Chips
or
Jaguar Burger(T)
On a Bun
Featured Veggies:
Steamed Corn
Baked Beans
Choice of Fruit
Choice of Milk

Wednesday

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or
French Toast Sticks
With Sausage Patties
Featured Veggies:
Hash Brown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or
Texas Toasted
Cheese Sandwich
Featured Veggies:
Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

2/27/2019

Meatball Hoagie
Supersize it for a Tier
or
General Tso Chicken(T)
w/Fried Rice & Egg Roll
Featured Veggies:
Broccoli
Curley Fries
Choice of Fruit
Choice of Milk

3/6/2019

Calzone Bar(T)
Variety of Calzones
or
Fish Sticks
Featured Veggies:
Black Beans
Green Pepper Strips
Choice of Fruit
Choice of Milk

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or
French Toast Sticks
With Sausage Patties
Featured Veggies:
Potato Triangles
Ranchero Carrots
Choice of Fruit
Choice of Milk

WING BAR(T)

Boneless or Bone-In
Choice of Sauce
or
Chicken Parmesan
On a Bun
Featured Veggies:
Tater Tots
Carrot Sticks
Choice of Fruit
Choice of Milk

Thursday

2/14/2019

Sweedish Meetballs
over noodles
or
Big Daddy's
Pizza (T)
Featured Veggies:
Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

CHEESE STEAK GRILLE

Philly Steak & Cheese
Try a Large for Tier Price
or
Jaguar Burger(T)
Featured Veggies:
Steamed Carrots
Green Pepper Strip
Choice of Fruit
Choice of Milk

BURGER BAR

Featuring the Jaguar(T)
Choice of Toppings
or
Macaroni & Cheese
Featured Veggies:
Yellow Beans
Caesar Salad
Choice of Fruit
Choice of Milk

TJ CHIPOTLE GRILL

Our Version of Chipotle(T)
On a Soft Tortilla
or
Penne Pasta & Meatballs
Garlic Bread
Featured Veggies:
Green Beans
Caesar Salad
Choice of Fruit
Choice of Milk

VILLA TOSCANO GRILLE

Pasta Bar
Garlic Bread Stick
or
Big Daddy's
Pizza (T)
Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

3/21/2019

Mini Peperoni Calzones(T)
with Dipping Sauce
or
Grilled Ham & Cheese
on Texas Toast
Featured Veggies:
Curley Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

Friday

2/15/2019

Pierogi Meal
String Cheese
or
Pepperoni Roll(T)
with dipping sauce
Featured Veggies:
Cherry Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk

2/22/2019

BBQ Ribby
On a Bun
or
Mini Peperoni Calzones(T)
with Dipping Sauce
Featured Veggies:
Garden Peas
Chick Pea Salad
Choice of Fruit
Choice of Milk

3/1/2019

Open Faced Meatball
Parmesan on Garlic Toast
or
Big Daddy's
Pizza (T)
Featured Veggies:
Cucumber Salad
Steamed Carrots
Choice of Fruit
Choice of Milk

3/8/2019

Mozzarella Cheese Sticks
or
Pepperoni Roll(T)
with dipping sauce
Lenten Option
Popcorn Shrimp
Featured Veggies:
Baby Carrots
Apple Cider Slaw
Choice of Fruit/Milk

3/15/2019

Pierogi Meal
or
Stuff Crust Pizza(T)
Lenten Option
Fish Sandwich
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit/Milk

3/22/2019

Italian Dunkers
with Sauce
or
Macaroni & Cheese
Lenten Option
Fish Sticks
Featured Veggies:
Baby Carrots
Green Beans
Choice of Fruit/Milk

