

JANUARY FEBRUARY



WEST JEFFERSON HILLS ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
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 and fat-free chocolate

Weekly Vegetable Subgroups
May include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Featured Fruit May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices

LEAVE YOUR LUNCHBOX AT HOME! DAILY ALTERNATES.

Craveable of the Week which could include: **Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..**

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!
This Month.....

January: Snap Peas

February: Spinach

Lunch Prices
Student \$2.75
Student Tier (T) \$3.55
Reduced \$.40
Adult \$3.85

Food Service Director: John Rambo
Phone Number: 412-655-8610 x6270
Email: jrambo@wjhsd.net

USDA is an equal opportunity provider and employer.

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<p>1/4/2020 Popcorn Chicken w/ Roll Breadstick Dipper Craveable</p> <p>Featured Veggies: Potato Wedges Baby Carrots Featured Fruit Choice of Milk</p>	<p>1/5/2020 Nachos Grande over Tortilla Chips Breadstick Dipper Craveable</p> <p>Featured Veggies: Chick Pea Salad Baby Carrots Featured Fruit Choice of Milk</p>	<p>1/6/2020 Breakfast for Lunch! French Toast Sticks w Patties Breadstick Dipper Craveable</p> <p>Featured Veggies: Hash Brown Potato Fresh Cucumber Slices Featured Fruit Choice of Milk</p>	<p>1/7/2020 Cheeseburger On a Bun or Breadstick Dipper Craveable</p> <p>Featured Veggies: Steamed Corn Romaine Salad Featured Fruit Choice of Milk</p>	<p>1/8/2020 Mini Calzones with dipping sauce or Breadstick Dipper Craveable</p> <p>Featured Veggies: Steamed Corn Romaine Salad Featured Fruit Choice of Milk</p>
<p>1/11/2020 Chicken Nuggets w/ Dinner Roll Yogurt Craveable</p> <p>Featured Veggies: Oven Fries Red Pepper Strips Featured Fruit Choice of Milk</p>	<p>1/13/2020 Walking Taco w/ Roll Yogurt Craveable</p> <p>Featured Veggies: Celery Sticks Caesar Salad Featured Fruit Choice of Milk</p>	<p>1/13/2020 Hot Dog On a Roll Yogurt Craveable</p> <p>Featured Veggies: Cauliflower Green Pepper Strips Featured Fruit Choice of Milk</p>	<p>1/14/2020 Italian Hoagie Yogurt Craveable</p> <p>Featured Veggies: Tater Tots Corn Salad Featured Fruit Choice of Milk</p>	<p>1/15/2020 Big Daddy's Pepperoni Pizza (T) Yogurt Craveable</p> <p>Featured Veggies: Red Peppers Chick Pea Salad Featured Fruit Choice of Milk</p>
<p>1/18/2020 </p>	<p>1/19/2020 Nachos Grande over Tortilla Chips Walking Taco Craveable</p> <p>Featured Veggies: Black Bean Salsa Cherry Tomatoes Featured Fruit Choice of Milk</p>	<p>1/20/2020 Popcorn Chicken w/ Roll Walking Taco Craveable</p> <p>Featured Veggies: Fresh Broccoli Carrot Sticks Featured Fruit Choice of Milk</p>	<p>1/21/2020 Ham & Cheese on a pretzel roll Walking Taco Craveable</p> <p>Featured Veggies: Fresh Cucumber Slices Caesar Side Salad Featured Fruit Choice of Milk</p>	<p>1/22/2020 Cheesy Pizza Sticks with dipping sauce Walking Taco Craveable</p> <p>Featured Veggies: Oven Fries Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>
<p>1/25/2020 Chicken Nuggets with a roll Breadstick Dipper Craveable</p> <p>Featured Veggies: Red Pepper Strips Tater Tots Featured Fruit/Milk 2 Hour Delay Day</p>	<p>1/26/2020 Nachos Grande Tortilla Chips Breadstick Dipper Craveable</p> <p>Featured Veggies: Black Beans Lettuce & Tomato Featured Fruit Choice of Milk</p>	<p>1/27/2020 Cheeseburger On a Bun Breadstick Dipper Craveable</p> <p>Featured Veggies: Snap Peas Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p>1/28/2020 Corn Dog Breadstick Dipper Craveable</p> <p>Featured Veggies: Curly Fries Fresh Coleslaw Clementine Choice of Milk</p>	<p>1/29/2020 Big Daddy's Pepperoni Pizza (T) Breadstick Dipper Craveable</p> <p>Featured Veggies: Homemade Potato Salad Green Pepper Strips Featured Fruit Choice of Milk</p>
<p>2/1/2020 Chicken Patty Sandwich on a Bun M.Y.O. Pizza Craveable</p> <p>Featured Veggies: Oven Fries Chick Pea Salad Featured Fruit Choice of Milk</p>	<p>2/2/2020 Walking Taco w/ soft pretzel stick M.Y.O. Pizza Craveable</p> <p>Featured Veggies: Corn Salad Tomato & Onion Salad Featured Fruit Choice of Milk</p>	<p>2/3/2020 Hot Dog On a Bun M.Y.O. Pizza Craveable</p> <p>Featured Veggies: Tater Tots Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p>2/4/2020 Popcorn Chicken w/ BBQ Sauce M.Y.O. Pizza Craveable</p> <p>Featured Veggies: Fresh Broccoli Celery Sticks with Ranch Featured Fruit Choice of Milk</p>	<p>2/5/2020 Mini Calzones with dipping sauce M.Y.O. Pizza Craveable</p> <p>Featured Veggies: Cherry Tomatoes Cucumber Slices Featured Fruit Choice of Milk</p>
<p>2/8/2020 Chicken Nuggets with a roll</p> <p>Featured Veggies: Curly Fries Fresh Coleslaw Featured Fruit/Milk 2 Hour Delay Day</p>	<p>2/9/2020 Nachos Grande Tortilla Chips Nacho Craveable</p> <p>Featured Veggies: Broccoli Red Pepper Strips Featured Fruit Choice of Milk</p>	<p>2/10/2020 "Breakfast for Lunch" French Toast Sticks w Sausage Patties Nacho Craveable</p> <p>Featured Veggies: Tri Patty Taters Carrot Sticks Featured Fruit Choice of Milk</p>	<p>2/11/2020 Chicken Patty Sandwich on a Bun Nacho Craveable</p> <p>Featured Veggies: Cherry Tomato Spinach Salad Featured Fruit Choice of Milk</p>	<p>2/12/2020 Stuffed Crust Pizza Nacho Craveable</p> <p>Featured Veggies: Green Pepper Strips Baby Carrots Featured Fruit Choice of Milk</p>