

# OCTOBER NOVEMBER



# 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.....  
**August: Clementine**  
  
**September: Purple Cabbage**

**Why was the Clementine alone?  
Because the Banana Split**

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

Food Service Director: John Rambo  
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USDA is an equal opportunity provider and employer.

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<b>10/5/2020</b> Popcorn Chicken w/ Roll Breadstick Dipper Craveable Chef Salad <b>Featured Veggies:</b> Mashed Potatoes Baby Carrots Featured Fruit Choice of Milk	<b>10/6/2020</b> Popcorn Chicken w/ Roll Breadstick Dipper Craveable Chef Salad <b>Featured Veggies:</b> Mashed Potatoes Baby Carrots Featured Fruit Choice of Milk	<b>10/7/2020</b> <b>Breakfast for Lunch!</b> French Toast Sticks w Patties Breadstick Dipper Craveable Chef Salad <b>Featured Veggies:</b> Hash Brown Potato Fresh Cucumber Slices Featured Fruit Choice of Milk	<b>10/8/2020</b> Chicken Patty On a Bun or Breadstick Dipper Craveable Chef Salad <b>Featured Veggies:</b> Steamed Corn Romaine Salad Featured Fruit Choice of Milk	<b>10/9/2020</b> Chicken Patty On a Bun or Breadstick Dipper Craveable Chef Salad <b>Featured Veggies:</b> Steamed Corn Romaine Salad Featured Fruit Choice of Milk
<b>10/12/2020</b> Chicken Nuggets w/ Dinner Roll Yogurt Craveable <b>Featured Veggies:</b> Oven Fries Red Pepper Strips Featured Fruit Choice of Milk	<b>10/13/2020</b> Walking Taco w/ Roll Yogurt Craveable <b>Featured Veggies:</b> Celery Sticks Caesar Salad Featured Fruit Choice of Milk	<b>10/14/2020</b> Hot Dog On a Roll Yogurt Craveable <b>Featured Veggies:</b> Cauliflower Green Pepper Strips Featured Fruit Choice of Milk	<b>10/15/2020</b> Italian Hoagie Yogurt Craveable <b>Featured Veggies:</b> Tater Tots Corn Salad Featured Fruit Choice of Milk	<b>10/16/2020</b> Big Daddy's Pepperoni Pizza (T) Yogurt Craveable <b>Featured Veggies:</b> Red Peppers Chick Pea Salad Featured Fruit Choice of Milk
<b>10/19/2020</b> Turkey & Cheese Sandwich Walking Taco Craveable <b>Featured Veggies:</b> Potato Wedges Baby Carrots w/Ranch Dip Schools Closed	<b>10/20/2020</b> Nachos Grande over Tortilla Chips Walking Taco Craveable <b>Featured Veggies:</b> Black Bean Salsa Cherry Tomatoes Featured Fruit Choice of Milk	<b>10/21/2020</b> Popcorn Chicken w/ Roll Walking Taco Craveable <b>Featured Veggies:</b> Fresh Broccoli Carrot Sticks Featured Fruit Choice of Milk	<b>10/22/2020</b> Ham & Cheese on a pretzel roll Walking Taco Craveable <b>Featured Veggies:</b> Fresh Cucumber Slices Caesar Side Salad Featured Fruit Choice of Milk	<b>10/23/2020</b> Cheesy Pizza Sticks with dipping sauce Walking Taco Craveable <b>Featured Veggies:</b> Oven Fries Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk
<b>10/26/2020</b> Chicken Nuggets with a roll Breadstick Dipper Craveable <b>Featured Veggies:</b> Red Pepper Strips Tater Tots Featured Fruit Choice of Milk	<b>10/27/2020</b> Nachos Grande Tortilla Chips Breadstick Dipper Craveable <b>Featured Veggies:</b> Black Beans Lettuce & Tomato Featured Fruit Choice of Milk	<b>10/28/2020</b> Cheeseburger On a Bun Breadstick Dipper Craveable <b>Featured Veggies:</b> Baked Beans Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk	<b>10/29/2020</b> Corn Dog Breadstick Dipper Craveable <b>Featured Veggies:</b> Curly Fries Fresh Coleslaw Clementine Choice of Milk	<b>10/30/2020</b> Big Daddy's Pepperoni Pizza (T) Breadstick Dipper Craveable <b>Featured Veggies:</b> Homemade Potato Salad Green Pepper Strips Featured Fruit Choice of Milk
<b>11/2/2020</b> Chicken Patty Sandwich on a Bun M.Y.O. Pizza Craveable <b>Featured Veggies:</b> Oven Fries Chick Pea Salad Featured Fruit Choice of Milk	<b>11/3/2020</b> Walking Taco w/ soft pretzel stick M.Y.O. Pizza Craveable <b>Featured Veggies:</b> Corn Salad Tomato & Onion Salad Featured Fruit Choice of Milk	<b>11/4/2020</b> Hot Dog On a Bun M.Y.O. Pizza Craveable <b>Featured Veggies:</b> Tater Tots Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk	<b>11/5/2020</b> Popcorn Chicken w/ BBQ Sauce M.Y.O. Pizza Craveable <b>Featured Veggies:</b> Fresh Broccoli Celery Sticks with Ranch Featured Fruit Choice of Milk	<b>11/6/2020</b> Mini Calzones with dipping sauce M.Y.O. Pizza Craveable <b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Featured Fruit Choice of Milk
<b>11/9/2020</b> INSERVICE DAY No Lunch Service No School for Students	<b>11/10/2020</b> Nachos Grande Tortilla Chips Nacho Craveable <b>Featured Veggies:</b> Broccoli Red Pepper Strips Featured Fruit Choice of Milk	<b>11/11/2020</b> <b>"Breakfast for Lunch"</b> French Toast Sticks w Sausage Patties Nacho Craveable <b>Featured Veggies:</b> Tri Patty Taters Carrot Sticks Featured Fruit Choice of Milk	<b>11/12/2020</b> Chicken Patty Sandwich on a Bun Nacho Craveable <b>Featured Veggies:</b> Cherry Tomato Fresh Cole Slaw Featured Fruit Choice of Milk	<b>11/13/2020</b> Stuffed Crust Pizza Nacho Craveable <b>Featured Veggies:</b> Green Pepper Strips Baby Carrots Featured Fruit Choice of Milk