

# JANUARY FEBRUARY



# WEST JEFFERSON HILLS CYBER PICK UP 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 For Registered Students**

- Elementary Student \$2.75
- Elementary Student Tier (T) \$3.55
- Secondary Student \$3.00
- Secondary Student Tier (T) \$3.90
- Reduced \$ .40
- Adult \$3.85 Adult Tier (T) \$4.75

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

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Pizza Friday!
<p><b>1/4/2020</b> Popcorn Chicken w/ Roll</p> <p><b>Featured Veggies:</b> Potato Wedges Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p><b>1/5/2020</b> Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Chick Pea Salad Tomato &amp; Onion Salsa Featured Fruit Choice of Milk</p>	<p><b>1/6/2020</b> "Breakfast for Lunch" French Toast Sticks w Sausage Patties</p> <p><b>Featured Veggies:</b> Hash Brown Potato Fresh Cucumber Slices Featured Fruit Choice of Milk</p>	<p><b>1/7/2020</b> Cheeseburger on a bun</p> <p><b>Featured Veggies:</b> Corn Salad Romaine Salad Plums Choice of Milk</p>	<p><b>1/8/2020</b> Mini Calzone</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Fresh Cucumber Slices Featured Fruit Choice of Milk</p>
<p><b>1/11/2020</b> Chicken Nuggets w/ Dinner Roll</p> <p><b>Featured Veggies:</b> Oven Fries Red Pepper Strips Featured Fruit Choice of Milk</p>	<p><b>1/12/2020</b> Chicken Patty on a bun</p> <p><b>Featured Veggies:</b> Celery Sticks Caesar Salad Featured Fruit Choice of Milk</p>	<p><b>1/13/2020</b> Hot Dog On a Roll</p> <p><b>Featured Veggies:</b> Cauliflower Green Pepper Strips Featured Fruit Choice of Milk</p>	<p><b>1/14/2020</b> Popcorn Chicken</p> <p><b>Featured Veggies:</b> Tater Tots Corn Salad Featured Fruit Choice of Milk</p>	<p><b>1/15/2020</b> Cheeseburger on a bun</p> <p><b>Featured Veggies:</b> Homemade Potato Salad Chick Pea Salad Featured Fruit Choice of Milk</p>
<p><b>1/18/2020</b>  No School</p>	<p><b>1/19/2020</b> Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Green Pepper Strips Baby Carrots Featured Fruit Choice of Milk</p>	<p><b>1/20/2020</b> Popcorn Chicken w/ Roll</p> <p><b>Featured Veggies:</b> Fresh Broccoli Carrot Sticks Featured Fruit Choice of Milk</p>	<p><b>1/21/2020</b> Ham &amp; Cheese on a pretzel roll</p> <p><b>Featured Veggies:</b> Fresh Cucumber Slices Caesar Side Salad Featured Fruit Choice of Milk</p>	<p><b>1/22/2020</b> Cheesy Pizza Sticks with dipping sauce</p> <p><b>Featured Veggies:</b> Oven Fries Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>
<p><b>1/25/2020</b> Chicken Patty Sandwich on a bun</p> <p><b>Featured Veggies:</b> Red Pepper Strips Tater Tots Featured Fruit/Milk <i>2 Hour Delay Day</i></p>	<p><b>1/26/2020</b> Corn Dog</p> <p><b>Featured Veggies:</b> Bean Salad Lettuce &amp; Tomato Featured Fruit Choice of Milk</p>	<p><b>1/27/2020</b> Chicken Strips w/BBQ Sauce</p> <p><b>Featured Veggies:</b> Baked Beans Sugar Snap Peas Featured Fruit Choice of Milk</p>	<p><b>1/28/2020</b> Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Curly Fries Fresh Coleslaw Grapefruit Choice of Milk</p>	<p><b>1/29/2020</b> Mini Calzones with dipping sauce</p> <p><b>Featured Veggies:</b> Homemade Potato Salad Green Pepper Strips Featured Fruit Choice of Milk</p>
<p><b>2/1/2020</b> Chicken Nuggets</p> <p><b>Featured Veggies:</b> Oven Fries Chick Pea Salad Featured Fruit Choice of Milk</p>	<p><b>2/2/2020</b> Walking Taco w/ soft pretzel stick</p> <p><b>Featured Veggies:</b> Corn Salad Tomato &amp; Onion Salad Featured Fruit Choice of Milk</p>	<p><b>2/3/2020</b> Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Tater Tots Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p><b>2/4/2020</b> Popcorn Chicken w/ BBQ Sauce</p> <p><b>Featured Veggies:</b> Fresh Broccoli Celery Sticks with Ranch Featured Fruit Choice of Milk</p>	<p><b>2/5/2020</b> French Bread Pizza</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Featured Fruit Choice of Milk</p>
<p><b>2/8/2020</b> Cheese Burger On a Bun</p> <p><b>Featured Veggies:</b> Fresh Broccoli Cucumber Slices Featured Fruit/Milk <i>2 Hour Delay Day</i></p>	<p><b>2/9/2020</b> Hot Dog on a roll</p> <p><b>Featured Veggies:</b> Homemade Potato Salad Red Pepper Strips Featured Fruit Choice of Milk</p>	<p><b>2/10/2020</b> "Breakfast for Lunch" French Toast Sticks w Sausage Patties</p> <p><b>Featured Veggies:</b> Tri Patty Taters Carrot Sticks Featured Fruit Choice of Milk</p>	<p><b>2/11/2020</b> Chicken Patty Sandwich on a Bun</p> <p><b>Featured Veggies:</b> Cherry Tomato Spinach Salad Featured Fruit Choice of Milk</p>	<p><b>2/12/2020</b> Cheesy Pizza Sticks with dipping sauce</p> <p><b>Featured Veggies:</b> Green Pepper Strips Baby Carrots Featured Fruit Choice of Milk</p>

