

# NOVEMBER DECEMBER



# 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.....  
**December: Grapefruit**

Monday	Taco Tuesday	Wednesday	Thursday	Pizza Friday!
<p>11/16/2020</p> <p>Popcorn Chicken w/ Roll</p> <p><b>Featured Veggies:</b> Potato Wedges Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p>11/17/2020</p> <p>Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Chick Pea Salad Tomato &amp; Onion Salsa Featured Fruit Choice of Milk</p>	<p>11/18/2020</p> <p>"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>10/8/2020</p> <p>Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Corn Salad Romaine Salad Plums Choice of Milk</p>	<p>11/20/2020</p> <p>French Bread Pizza</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Fresh Cucumber Slices Featured Fruit Choice of Milk</p>
<p>11/23/2020</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p><b>Featured Veggies:</b> Oven Fries Red Pepper Strips Featured Fruit Choice of Milk</p>	<p>11/24/2020</p> <p>Walking Taco Pretzel Stick</p> <p><b>Featured Veggies:</b> Celery Sticks Caesar Salad Featured Fruit Choice of Milk</p>	<p>11/25/2020</p> <p>No School for Students or Teachers</p> <p>Schools Closed</p>	<p>11/26/2020</p> <p>Thanksgiving Recess</p> <p>HAPPY THANKSGIVING!</p> <p>Schools Closed</p>	<p>11/27/2020</p> <p>Thanksgiving Recess</p> <p>Schools Closed</p>
<p>11/30/2020</p> <p>Thanksgiving Recess</p> <p>Schools Closed</p>	<p>12/1/2020</p> <p>Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Black Bean Salsa Cherry Tomatoes Featured Fruit Choice of Milk</p>	<p>12/2/2020</p> <p>Popcorn Chicken w/ Roll</p> <p><b>Featured Veggies:</b> Fresh Broccoli Carrot Sticks Featured Fruit Choice of Milk</p>	<p>12/3/2020</p> <p>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>12/4/2020</p> <p>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>12/7/2020</p> <p>Chicken Nuggets with a roll</p> <p><b>Featured Veggies:</b> Red Pepper Strips Tater Tots Featured Fruit Choice of Milk</p>	<p>12/8/2020</p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b> Bean Salad Lettuce &amp; Tomato Featured Fruit Choice of Milk</p>	<p>12/9/2020</p> <p>Cheeseburger On a Bun</p> <p><b>Featured Veggies:</b> Baked Beans Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p>12/10/2020</p> <p>Hot Dog On a Bun</p> <p><b>Featured Veggies:</b> Curly Fries Fresh Coleslaw Grapefruit Choice of Milk</p>	<p>12/11/2020</p> <p>French Bread Pizza</p> <p><b>Featured Veggies:</b> Homemade Potato Salad Green Pepper Strips Featured Fruit Choice of Milk</p>
<p>12/14/2020</p> <p>Chicken Patty Sandwich on a Bun</p> <p><b>Featured Veggies:</b> Oven Fries Chick Pea Salad Featured Fruit/Milk 2 Hour Delay Day</p>	<p>12/15/2020</p> <p>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>12/16/2020</p> <p>Mini Corn Dogs</p> <p><b>Featured Veggies:</b> Tater Tots Baby Carrots w/Ranch Dip Featured Fruit Choice of Milk</p>	<p>12/17/2020</p> <p>Popcorn Chicken w/ BBQ Sauce</p> <p><b>Featured Veggies:</b> Fresh Broccoli Celery Sticks with Ranch Featured Fruit Choice of Milk</p>	<p>12/18/2020</p> <p>Mini Calzones with dipping sauce</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Featured Fruit Choice of Milk</p>
<p>12/21/2020</p> <p>Winter Recess</p>	<p>12/22/2020</p> <p>Winter Recess</p>	<p>12/23/2020</p> <p>Winter Recess</p>	<p>12/24/2020</p> <p>Winter Recess</p>	<p>12/25/2020</p> <p>Winter Recess</p>

**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 \$4.40  
 Adult \$3.85 Adult Tier (T) \$4.75

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

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