

# OCTOBER NOVEMBER



# 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.....



**October: Clementine**



**November: Purple Cabbage**

Why was the Clementine alone?  
 Because the Banana Split

## Monday

**10/5/2020**  
 Popcorn Chicken w/  
 Roll

**Featured Veggies:**  
 Potato Wedges  
 Baby Carrots w/Ranch Dip  
 Featured Fruit  
 Choice of Milk

**10/12/2020**  
 Chicken Nuggets  
 w/ Dinner Roll

**Featured Veggies:**  
 Oven Fries  
 Red Pepper Strips  
 Featured Fruit  
 Choice of Milk

**10/19/2020**  
 Turkey & Cheese  
 Sandwich

**Featured Veggies:**  
 Potato Wedges  
 Baby Carrots w/Ranch Dip  
 Featured Fruit  
 Choice of Milk

**10/26/2020**  
 Chicken Nuggets  
 with a roll

**Featured Veggies:**  
 Red Pepper Strips  
 Tater Tots  
 Featured Fruit  
 Choice of Milk

**11/2/2020**  
 Chicken Patty Sandwich  
 on a Bun

**Featured Veggies:**  
 Oven Fries  
 Chick Pea Salad  
 Featured Fruit/Milk  
 2 Hour Delay Day

**11/9/2020**  
 INSERVICE DAY

No Lunch Service  
 No School for Students

## Taco Tuesday

**10/6/2020**  
 Nachos Grande  
 over Tortilla Chips

**Featured Veggies:**  
 Chick Pea Salad  
 Tomato & Onion Salsa  
 Featured Fruit  
 Choice of Milk

**10/13/2020**  
 Walking Taco  
 w/ Roll

**Featured Veggies:**  
 Celery Sticks  
 Caesar Salad  
 Featured Fruit  
 Choice of Milk

**10/20/2020**  
 Nachos Grande  
 over Tortilla Chips

**Featured Veggies:**  
 Black Bean Salsa  
 Cherry Tomatoes  
 Featured Fruit  
 Choice of Milk

**10/27/2020**  
 Nachos Grande  
 Tortilla Chips

**Featured Veggies:**  
 Black Beans  
 Lettuce & Tomato  
 Featured Fruit  
 Choice of Milk

**11/3/2020**  
 Walking Taco  
 w/ soft pretzel stick

**Featured Veggies:**  
 Corn Salad  
 Tomato & Onion Salad  
 Featured Fruit  
 Choice of Milk

**11/10/2020**  
 Nachos Grande  
 Tortilla Chips

**Featured Veggies:**  
 Broccoli  
 Red Pepper Strips  
 Featured Fruit  
 Choice of Milk

## Wednesday

**10/7/2020**  
**"Breakfast for Lunch"**  
 French Toast Sticks w  
 Sausage Patties

**Featured Veggies:**  
 Hash Brown Potato  
 Fresh Cucumber Slices  
 Featured Fruit  
 Choice of Milk

**10/14/2020**  
 Hot Dog  
 On a Roll

**Featured Veggies:**  
 Cauliflower  
 Green Pepper Strips  
 Featured Fruit  
 Choice of Milk

**10/21/2020**  
 Popcorn Chicken w/  
 Roll

**Featured Veggies:**  
 Fresh Broccoli  
 Carrot Sticks  
 Featured Fruit  
 Choice of Milk

**10/28/2020**  
 Cheeseburger  
 On a Bun

**Featured Veggies:**  
 Baked Beans  
 Baby Carrots w/Ranch Dip  
 Featured Fruit  
 Choice of Milk

**11/4/2020**  
 Hot Dog  
 On a Bun

**Featured Veggies:**  
 Tater Tots  
 Baby Carrots w/Ranch Dip  
 Featured Fruit  
 Choice of Milk

**11/11/2020**  
**"Breakfast for Lunch"**  
 French Toast Sticks w  
 Sausage Patties

**Featured Veggies:**  
 Tri Patty Taters  
 Carrot Sticks  
 Featured Fruit  
 Choice of Milk

## Thursday

**10/8/2020**  
 Chicken Patty  
 On a Bun

**Featured Veggies:**  
 Corn Salad  
 Romaine Salad  
 Plums  
 Choice of Milk

**10/15/2020**  
 Italian Hoagie

**Featured Veggies:**  
 Tater Tots  
 Corn Salad  
 Featured Fruit  
 Choice of Milk

**10/22/2020**  
 Ham & Cheese  
 on a pretzel roll

**Featured Veggies:**  
 Fresh Cucumber Slices  
 Caesar Side Salad  
 Featured Fruit  
 Choice of Milk

**10/29/2020**  
 Corn Dog

**Featured Veggies:**  
 Curly Fries  
 Fresh Coleslaw  
 Clementine  
 Choice of Milk

**11/5/2020**  
 Popcorn Chicken  
 w/ BBQ Sauce

**Featured Veggies:**  
 Fresh Broccoli  
 Celery Sticks with Ranch  
 Featured Fruit  
 Choice of Milk

**11/12/2020**  
 Chicken Patty Sandwich  
 on a Bun

**Featured Veggies:**  
 Cherry Tomato  
 Fresh Cole Slaw  
 Featured Fruit  
 Choice of Milk

## Pizza Friday!

**10/9/2020**  
 Pepperoni  
 Pizza

**Featured Veggies:**  
 Cherry Tomatoes  
 Fresh Cucumber Slices  
 Featured Fruit  
 Choice of Milk

**10/16/2020**  
 Big Daddy's  
 Pepperoni Pizza (T)

**Featured Veggies:**  
 Red Peppers  
 Chick Pea Salad  
 Featured Fruit  
 Choice of Milk

**10/23/2020**  
 Cheesy Pizza Sticks  
 with dipping sauce

**Featured Veggies:**  
 Oven Fries  
 Baby Carrots w/Ranch Dip  
 Featured Fruit  
 Choice of Milk

**10/30/2020**  
 Big Daddy's  
 Pepperoni Pizza (T)

**Featured Veggies:**  
 Homemade Potato Salad  
 Green Pepper Strips  
 Featured Fruit  
 Choice of Milk

**11/6/2020**  
 Mini Calzones  
 with dipping sauce

**Featured Veggies:**  
 Cherry Tomatoes  
 Cucumber Slices  
 Featured Fruit  
 Choice of Milk

**11/13/2020**  
 Stuffed Crust Pizza

**Featured Veggies:**  
 Green Pepper Strips  
 Baby Carrots  
 Featured Fruit  
 Choice of Milk

### 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 \$4.00  
 Adult \$3.85 Adult Tier (T) \$4.75

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USDA is an equal opportunity provider and employer.