



**West Jefferson Hills School District Lunch Menu**  
Pleasant Hills Middle School - 6th thru 8th Grade



ALL MEALS SERVED WITH A MILK CHOICE OF  
1% WHITE or FAT FREE CHOCOLATE

**Students must choose 3 out of 5 daily components to qualify for a Complete Reimbursable Meal - 1 item must be a Fruit or Vegetable/Potato**

<u>MONDAY</u> January 02	<u>TUESDAY</u> January 03	<u>WEDNESDAY</u> January 04	<u>THURSDAY</u> January 05	<u>FRIDAY</u> January 06
	<b>Chicken Bites w/Dipping Sauce</b> Dinner Roll Tater Tots & Side Salad Daily Fruit Selection & Milk Choice Choice #2 - Double Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>(2) Soft Tacos w/Roll</b> Spanish Rice w/Salsa Corn Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Pierogies w/Cheese Stick</b> Dinner Roll Cheesy Au gratin Potatoes Side Salad Choice #2 - Nachos Grande w/Salsa Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Bosco Sticks w/Marinara</b> Curly Fries Carrot Sticks w/Ranch Daily Fruit Selection & Milk Choice Choice #2 - Chicken Patty Sandwich Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go
	<b>Waffles w/Syrup</b> Sausage Patty Hash Brown Patty Daily Fruit Selection & Milk Choice Choice #2 - Mini Corn Dogs w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Popcorn Chicken Bowl</b> Popcorn Chicken w/Roll Corn, Mashed Potatoes & Gravy Daily Fruit Selection & Milk Choice Choice #2 - Double Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Italian Hoagie</b> Lettuce Tomato & Pickle Crinkle Cut Fries & Cole Slaw Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Pasta w/Meatballs</b> Garlic Breadstick Green Beans & Side Salad Daily Fruit Selection & Milk Choice #2 - Nachos Grande w/Salsa Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go
	<b>Meatball Sub w/Cheese</b> Curly Fries Fresh Veggie Cup or Salad Daily Fruit Selection & Milk Choice Choice #2 - Double Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Macaroni &amp; Cheese w/Fish Sticks</b> Dinner Roll Sweet Peas & Carrots Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Stir Fry Day!</b> <b>Orange Chicken w/Egg Roll</b> Fried Rice & Broccoli Daily Fruit Selection & Milk Choice Choice #2 - Nachos Grande w/Salsa Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Steak &amp; Cheese Hoagie</b> Lettuce Tomato & Pickle Emoji Potato Smiles Daily Fruit Selection & Milk Choice Choice #2 - Chicken Patty Sandwich Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go
<b>2 Hour Delay - WJHSD</b> <b>Ham &amp; Cheese on a Pretzel Bun</b> Tater Tots & Side Salad Daily Fruit Selection & Milk Choice Choice #2 - Mini Corn Dogs w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Popcorn Chicken Bowl</b> Popcorn Chicken w/Roll Corn, Mashed Potatoes & Gravy Daily Fruit Selection & Milk Choice Choice #2 - Double Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Cheese Ravioli w/Marinara</b> Garlic Breadstick California Blend Vegetables Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Grilled Cheese Sandwich</b> Tomato Soup Crinkle Cut Fries Daily Fruit Selection & Milk Choice Choice #2 - Nachos Grande w/Salsa Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>PHMS Pepperoni Roll w/Marinara</b> Oven Baked Fries Fresh Veggie Cup or Salad Daily Fruit Selection & Milk Choice Choice #2 - Chicken Patty Sandwich Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go
<b>Pancakes w/Syrup</b> Sausage Patty Hash Brown Patty Daily Fruit Selection & Milk Choice Choice #2 - Mini Corn Dogs w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>BBQ Rib Sandwich</b> Lettuce Tomato & Pickle Seasoned Potato Wedges Daily Fruit Selection & Milk Choice Choice #2 - Double Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	<b>Fresh Vegetable Choice</b> Broccoli, Baby Carrots, Cauliflower, Pepper Strips, Cucumber Slices, Side Salad, Fresh Veggie Mix, Sugar Snap Peas, Spinach, Spring Mix Salad, Garbanzo Bean Salad, Hummus Cup	<b>FREE BREAKFAST</b> <b>ALL STUDENTS WILL</b> <b>QUALIFY FOR 1 FREE</b> <b>DAILY BREAKFAST MEAL</b> <b>FOR 2022-23</b> <b>SCHOOL YEAR</b> <b>** Breakfast Meal only**</b>	<b>Middle School Prices</b> <b>Breakfast</b> \$.30 Reduced \$1.85 Paid <b>Lunch</b> \$.40 Reduced \$3.20 Paid / \$4.20 Tier Meal

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