





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>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
FREE BREAKFAST STARTING OCT 1st ALL STUDENTS WILL QUALIFY FOR 1 FREE DAILY BREAKFAST MEAL FOR 2022-23 SCHOOL YEAR ** Breakfast Meal only**	November 01 Taco Tuesday! (2) Soft Tacos w/Roll Spanish Rice w/Salsa & Side Salad Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 02 Buffalo Chicken Slider Sandwiches AuGratin Cheese & Bacon Potatoes Side Salad Daily Fruit Selection & Milk Choice Choice #2 - Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 03 Stir Fry Day! Sweet'n Sour Chicken w/Roll Fried Rice & Broccoli Daily Fruit Selection & Milk Choice #2 - Nachos Grande w/Salsa Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	 November 04 Calzone w/Pizza Sauce Side Salad Potato Wedges Daily Fruit Selection & Milk Choice #2 - Chicken Patty Sandwich Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go
November 07 French Toast Sticks w/Syrup Sausage Patty Hash Brown Patty & Fruit Juice Daily Fruit Selection & Milk Choice Choice #2 - Mini Corn Dogs w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 08 Bosco Sticks w/Marinara Side Salad Curly Fries & Graham Crackers Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 09 Popcorn Chicken Bowl!! Popcorn Chicken w/Roll Corn, Mashed Potatoes & Gravy Daily Fruit Selection & Milk Choice Choice #2 - Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 10 Pierogies w/Roll Fish Nuggets Green Beans Daily Fruit Selection & Milk Choice Choice #2 - Nachos Grande w/Salsa Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	 November 11 PHMS Pepperoni Roll w/Marinara Curly 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
November 14 Meatball Hoagie w/Cheese Oven-Baked Fries Baby Carrots w/Ranch Daily Fruit Selection & Milk Choice Choice #2 - Mini Corn Dogs w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 15 Ham & Cheese on a Pretzel Bun Lettuce, Tomato, & Pickle Seasoned Potato Wedges Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 16 Macaroni & Cheese w/Fish Nuggets Tater Tots California Blend Vegetables Daily Fruit Selection & Milk Choice Choice #2 - Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 17 Holiday Meal Turkey, Mashed Potatoes & Gravy Corn, Stuffing or Roll Cranberry Sauce & Dessert Daily Fruit Selection & Milk Choice Daily Alt: Assorted Sandwiches, Salads & Grab'n Go Craveables	 November 18 Stuffed Crust Pizza Spiral 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
November 21 Funnel Cake w/Syrup Sausage Patty Hash Brown Patty & Fruit Juice Daily Fruit Selection & Milk Choice Choice #2 - Mini Corn Dogs w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 22 Early Dismissal Teacher Conferences	November 23 No School Students & Teachers		
November 28 WJHSD - NO SCHOOL Thanksgiving Holiday Break Nov. 24th thru Nov. 28th	November 29 BBQ Rib Hoagie Seasoned Potato Wedges Corn Daily Fruit Selection & Milk Choice Choice #2 - Chicken Tenders w/Roll Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	November 30 Grilled Cheese Sandwich Tomato Soup Tater Tots & Carrots Daily Fruit Selection & Milk Choice Choice #2 - Cheeseburger Daily Alt: Assorted Pizza, Salads & Yogurt Grab'n Go	Fresh Vegetable Choice 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	Middle School Prices Breakfast \$.30 Reduced \$ 1.85 Paid Lunch \$.40 Reduced \$ 3.20 Paid \$ 4.10 Tier Meals

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