



## WJHSD Elementary & Intermediate Lunch Menu May 2024

### Lunch Prices

Student \$3.05  
 Student Tier \$3.85  
 Reduced \$0.40

Checks can be made payable to "WJHSD Cafeteria Fund"

Online payments can be made at [www.payforit.com](http://www.payforit.com)

Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)

### COOKOUT MENU

Choose one:

- Hamburger or Cheeseburger or Hot Dog**
- Baked Beans**
- Carrot Sticks & Celery Sticks**
- Watermelon**
- Potato Chips**
- Icy Juicy**
- Choice of Milk**

Check out what day your school is having the cookout!!!

JHIS 5/16, GH 5/21, MC 5/23

Manage your child's lunch account at [www.schoolcafe.com](http://www.schoolcafe.com)

See what they are purchasing  
 Get low balance alerts  
 and more!

Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)



John Rambo

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>4/29/24</b>	<b>4/30/24</b>	<b>5/1/24</b>	<b>5/2/24</b>	<b>5/3/24</b>
Ham & Cheese Melt On a Pretzel Roll or Chicken Nuggets with Whole Grain Roll <b>Featured Veggies:</b> Glazed Carrots Curley Fries Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	Hot Dog On a wg Bun or Spicy Chicken Quesadilla <b>Featured Veggies:</b> Black Beans Celery Sticks Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	Asian Sesame Chicken(T) or Italian Dunker with Dipping Sauce <b>Featured Veggies:</b> Brown Rice Steamed Broccoli Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	BBQ Ham On a wg Bun or Hamburger or Cheeseburger on a wg bun <b>Featured Veggies:</b> Oven Fries Coleslaw Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	Penne Pasta & Meatballs Garlic Bread Stick or Pepperoni Stuffed Crust Pizza(T) <b>Featured Veggies:</b> Cucumber Salad Tomato Wedges Choice of Fruit & Milk <i>Pizza Lunch Pack</i>
<b>5/6/24</b>	<b>5/7/24</b>	<b>5/8/24</b>	<b>5/9/24</b>	<b>5/10/24</b>
Boneless Wings(T) with Choice of Sauce or Pulled Pork BBQ Sandwich On a wg Bun <b>Featured Veggies:</b> Potato Wedges Coleslaw Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Chicken Patty On a wg Bun or Walking Taco Pretzel Stick <b>Featured Veggies:</b> Mexicali Corn Tomato & Onion Salad Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	<b>Breakfast For Lunch</b> Breakfast Sandwich or French Toast Sticks with Sausage Patty <b>Featured Veggies:</b> Hash Brown Triangles Hot Apple Slices Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Pepperoni Roll(T) with sauce or Pierogi Meal with cheese stick <b>Featured Veggies:</b> Cucumber Salad Tomato Wedges Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	French Bread Pizza(T)  or Turkey & Cheese On a wg Croissant <b>Featured Veggies:</b> Oven Fries Side Garden Salad Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>
<b>5/13/24</b>	<b>5/14/24</b>	<b>5/15/24</b>	<b>5/16/24</b>	<b>5/17/24</b>
Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll <b>Featured Veggies:</b> Oven Fries Red Pepper Strips Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Taco Pizza  or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Green Beans Romaine Salad Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Hot Dog On a wg Bun or Hot Turkey Sandwich with Gravy <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	<b>JHIS Cookout Day</b> Big Daddy Pizza(T) or Hamburger /Cheeseburger on a wg Bun <b>Featured Veggies:</b> Celery Sticks Tater Tots Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Italian Dunker with sauce or Cold Italian Hoagie <b>Featured Veggies:</b> Carrot Sticks Chick Pea Salad Choice of Fruit & Milk <i>Nacho Lunch Pack</i>
<b>5/20/24</b>	<b>5/21/24</b>	<b>5/22/24</b>	<b>5/23/24</b>	<b>5/24/24</b>
Popcorn Chicken Bowl(T) or Mini Corn Dog <b>Featured Veggies:</b> Steamed Corn Mashed Potato Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	<b>GH Cookout Day</b> General Tso's Chicken(T) or Beef Taco On a wg Soft Tortilla <b>Featured Veggies:</b> Lettuce & Tomato Glazed Carrots Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	Toasted Cheese Tomato Soup or Chicken Patty On a wg Bun <b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	<b>MC Cookout Day</b> Bacon Cheese Burger(T) or Cheese Pizza Sticks with dipping sauce <b>Featured Veggies:</b> Celery Sticks with Ranch Romaine Salad Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	<b>Teacher In-Service</b>  <b>No School for Students</b>
<b>5/27/24</b>	<b>5/28/24</b>	<b>5/29/24</b>	<b>5/30/24</b>	<b>5/31/24</b>
<b>Memorial Day</b>  <b>No School</b>	Corn Dog  or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Baked Beans Celery Sticks Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Cheese French Bread Pizza(T) or Chicken Nuggets <b>Featured Veggies:</b> Oven Fries Mixed Vegetable Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Spaghetti & Meatballs Garlic Bread or Chefs Choice <b>Featured Veggies:</b> Yellow Beans Caesar Salad Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Big Daddy's(T) Cheese Pizza or Chefs Choice <b>Featured Veggies:</b> Tomato Wedges Corn Salad Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>

Looking for Nutritional information? Go to [SchoolCafe.com](http://SchoolCafe.com). Instructions are on the District Website

### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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, fat-free chocolate, vanilla and strawberry

### Weekly Vegetable

**Subgroups May Include:**  
 Dark Green - spinach, broccoli, romaine and spring salad  
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers  
 Legumes - beans and peas  
 Starchy White - potatoes, corn, peas and lima beans  
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

### Daily Fruit Selections

**May Include:**  
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

### Leave Your Lunch at Home

Daily entrée alternate options may include:  
 Garden Salad with Grilled Chicken and a Whole Wheat Roll  
 or  
 WOW Butter & Jelly Sandwich

**Try Our Version of the Launchable, the "Lunch Pack"!!!** The Lunch Pack of the week choices may include: Yogurt and Cheesy Stick, Make your Own Pizza, Ham & Cheese Cubes with Crackers, Grilled Chicken with Crackers, Nacho Chips with Salsa and Shredded Cheese, or Breadsticks with Dipping Sauce. All come with a fruit, a vegetable, and a milk included!