



Thomas Jefferson High School Lunch Menu



LUNCH PRICES:

Student \$3.30/\$4.20 Tier(T)
Reduced \$.40
Adult \$4.50/\$5.30*

www.schoolcafe.com for online payments
Instructions found at www.wjhsd.net

Paper Check? No problem. Make checks payable to
"WJHSD Cafeteria Fund"

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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad,
Spring Salad, Carrots, Sweet Potatoes,
Tomatoes, Red Peppers, Beans, Peas,
Potatoes, Corn, Lima Beans, Celery
sticks, Cucumbers, Cauliflower, Green
Peppers, Green Beans, Cabbage and
Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes,
Pears, Peaches, Cantaloupe, Melon,
Strawberries, Applesauce, Pineapple,
100% Fruit Juices, and Mandarin
Oranges

GRAB AND GO SALADS AND SANDWICHES

Choices May Include: Vegetable
Garden Salad w / roll
Ham or Turkey Salad w/ Roll
Chef's Salad w/ roll
Greek Salad w/ Roll
Strawberry Spinach Salad w/ Roll
Caprese Pasta Salad with Roll
Ham & Cheese Wrap or Turkey and
Swiss on Baguette
Buffalo chicken Wrap
Taco Chicken Wrap
Chicken Caesar Wrap
Roast Beef and Cheddar Wrap
Italian Wrap



John Rambo

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Try SchoolCafe.com for menus and Nutritional Information
Menu Subject to Change based on product availability.
USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BISTRO 1776				
1-Apr <i>Spring Recess-No School</i>	2-Apr TJ Chipotle(T) Choice of Chicken, Beef or Pork, rice, beans peppers & onions and all the toppings FEATURED VEGGIES Black Beans Fresh Garden Salsa Choice of Fruit Choice of Milk	3-Apr WING IT WEDNESDAY Wing Bar (T) Bone in or Boneless Choice of Sauce FEATURED VEGGIES Crinkle Cut Oven Fries Carrot & Celery Sticks Choice of Fruit Choice of Milk	4-Apr Breakfast Bar French Toast Sticks Belgian Waffle Eggs, Bacon, Sausage Home fries FEATURED VEGGIES Cucumber Salad Cinnamon Apples Choice of Fruit Choice of Milk	5-Apr Hot Turkey Sandwich with Gravy or Italian Dunker w/Dipping Sauce FEATURED VEGGIES Steamed Corn Oven Fries Choice of Fruit Choice of Milk
8-Apr Brunch Scrambled Eggs, Sausage, Dutch Waffle, Mac N Cheese Spaghetti/Meatballs, Lasagna Hash Browns FEATURED VEGGIES Creamy Coleslaw Red & Green Pepper Strips Choice of Fruit Choice of Milk	9-Apr THANKSGIVING DINNER Oven Roasted Turkey Bread Stuffing Mashed Potatoes Turkey Gravy FEATURED VEGGIES Garden Peas Carrot & Celery Sticks Choice of Fruit Choice of Milk	10-Apr General Tso's Chicken(T) server over Fried Rice with an egg roll FEATURED VEGGIES Oriental Mixed Vegetable Broccoli Salad Choice of Fruit Choice of Milk	11-Apr Popcorn Chicken Bowl Popcorn Chicken over Mashed Potatoes & Corn with Chicken Gravy FEATURED VEGGIES Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	12-Apr Crispy Fish Sandwich with Tarter Sauce or Homemade Lasagna FEATURED VEGGIES Steamed Mixed Vegetable Side Caesar Salad Choice of Fruit Choice of Milk
15-Apr Buffalo Chicken Pasta or Pierogis with Onions FEATURED VEGGIES Ranchero Carrots Celery Sticks Choice of Fruit/Milk <i>Act 80 2 Hour Delay Day</i>	16-Apr Nacho Grande or Mini Corn Dogs FEATURED VEGGIES Black Beans Mexicali Corn Choice of Fruit Choice of Milk	17-Apr WING IT WEDNESDAY Wing Bar (T) Bone in or Boneless Choice of Sauce FEATURED VEGGIES Curley Fries Side Salad Choice of Fruit Choice of Milk	18-Apr Pasta Bar Choice of Pasta & Sauce Choice of Chicken or Meatballs Garlic Breadstick FEATURED VEGGIES Side Caesar Salad Steamed Mixed Veggies Choice of Fruit Choice of Milk	19-Apr Chicken Tikka Masala with Naan Bread FEATURED VEGGIES Cilantro Lime Rice Glazed Carrots Choice of Fruit Choice of Milk
22-Apr Chicken Pot Pie over Biscuits or Turkey Rachels on Rye Bread FEATURED VEGGIES Mashed Potatoes Coleslaw Choice of Fruit/Milk Choice of Milk	23-Apr TJ Chipotle(T) Choice of Chicken, Beef or Pork, rice, beans peppers & onions and all the toppings FEATURED VEGGIES Black Beans Fresh Garden Salsa Choice of Fruit Choice of Milk	24-Apr Popcorn Chicken Bowl Popcorn Chicken over Mashed Potatoes & Corn with Chicken Gravy FEATURED VEGGIES Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	25-Apr Hot Dog Day Mini Corn Dogs or Grilled Dogs with toppings FEATURED VEGGIES Curly Fries Celery Sticks Choice of Fruit Choice of Milk	26-Apr Macaroni And Cheese BBQ Rib Patty or Sloppy Joe FEATURED VEGGIES Baby Carrots Green Beans Choice of Fruit Choice of Milk
29-Apr Open Faced Hot Turkey Sandwich or Popcorn Chicken FEATURED VEGGIES Mashed Potatoes Romaine Side Salad Choice of Fruit Choice of Milk	30-Apr Soup & Baked Potato Bar(T) Choice of Soup paired with a Baked Potato and choice of Toppings FEATURED VEGGIES Steamed Broccoli Coleslaw Choice of Fruit Choice of Milk	1-May WING IT WEDNESDAY Wing Bar (T) Bone in or Boneless Choice of Sauce FEATURED VEGGIES Crinkle Cut Oven Fries Sliced cucumbers Choice of Fruit Choice of Milk	2-May General Tso's Chicken(T) server over Fried Rice with an egg roll FEATURED VEGGIES Oriental Mixed Vegetable Broccoli Salad Choice of Fruit Choice of Milk	3-May Pasta Bar Choice of Pasta & Sauce Choice of Chicken or Meatballs Garlic Breadstick FEATURED VEGGIES Side Caesar Salad Steamed Mixed Veggies Choice of Fruit Choice of Milk

GRILLE FIFTYONE

CHECK OUT OUR HOPPY MEAL - Every Tuesday In honor of Coach Hoppy!! Other choices may include Hamburgers, Cheeseburgers, Double Cheeseburgers(T), Jaguar Burgers(T), Corn Dogs, Grilled Jumbo Hot Dogs, Quesadillas, Grilled Chicken Sandwiches, Cheese Steak Hoagies, Specialty Burgers(T), Texas Toast Grilled Cheese with Tomato Soup, and more!!!

VILLA MONTICELLO

Choice of fresh baked pizza!!! Choices may include Hand Tossed(T), Deep Dish(T), French Bread, Flat Bread, Sicilian Style(T), Daddy's(T), Detroit Style(T), Calzones(T), and Pepperoni Rolls(T).

Big

THE CHAMPION OF ALL CHICKEN CHERP'S CHICKEN

Choices may include Chicken Patty on a bun, Spicy Chicken Patty on a bun, Grilled Chicken Sandwich, Popcorn Chicken, Chicken Nuggets, Chicken Fries, Chicken Wings(T), Chicken Sliders, or Chicken Tenders.

Declaration DELI

Made to order Chopped Salads, Sandwiches, and Wraps with an assortment of fresh deli meats and cheeses. You can pick from the wide variety of fresh toppings to tailor it just the way you want it. Toast your sandwich in the Panini Press or over at Villa Monticello. Check out our Fresh Soups too!!! All Served Daily!