|  |  | Thomas Jeff | ก High Scho | unch Menu |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| LUNCH PRICES: | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Student \$3.30/\$4.20 Tier(T) Reduced \$. 40 | 26-Feb | ${ }^{27-F e b}$ | ${ }_{\text {2 }}^{28-\mathrm{Feb}}$ | 29-Feb | 1-Mar |
|  |  | TJ Chipotle!(T) | WING IT WEDNESDAY | Breakfast Bar | Popcorn Shrimp |
| Adult \$4.50/\$5.30* | Buffalo Chicken Pasta or | Choice of Chicken, Beef or Pork. rice. beans | Wing Bar (T) Bone in or Boneles | Belgian Waffles Eads. Bacon. Sausa | $\underset{\substack{\text { Tacos } \\ \text { or }}}{ }$ |
| www.schoolcafe.com for online payments Instructions found at www. wjhsd.net | Pierogis with Onions | peppers \& onions and all the toppings | Choice of Sauce | Hash Browns | Italian Dunker w/Dipping Sauce |
| Paper Check? No problem. Make checks payable to "WJHSD Cafeteria Fund" | FEATURED VEGGIES <br> Ranchero Carrots | FEATURED VEGGIES <br> Black Beans | FEATURED VEGGIES Crinkle Cut Oven Fries | FEATURED VEGGIES <br> Triangle Hash Browns | FEATURED VEGGIES Mexicali Corn |
| What is a Meal? <br> You must choose at least 3 of the 5 | Celery Sticks Choice of Fruit Choice of Milk | Fresh Garden Salsa Choice of Fruit Choice of Milk | Sliced cucumbers Choice of Fruit Choice of Milk | Cinnamon Apples Choice of Fruit Choice of Milk | Oven Fries Choice of Fruit Choice of Milk |
| 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. | 4-Mar TJ SUBWAY(T) <br> Our version of the Deli Bar Choice of Bread or Wrad Choice of Deli Meats and Cheeses with all the toppings <br> FEATURED VEGGIES <br> Creamy Coleslaw <br> Red \& Green Pepper Strips Choice of Fruit Choice of Milk | $\stackrel{\text { 5-Mar }}{\text { THANKSGING }}$ | 6-Mar | 7-Mar Popcorn Chicken Bowl | $\frac{8-\mathrm{Mar}}{}$ |
|  |  | THANKSGIVING DINNER Oven Roasted Turkey |  | Popcorn Chicken Bowl Popcorn Chicken over | Crispy Fish Sandwich with Tarter Sauce |
|  |  | Bread Stutfina Mashed Potatoes | server over Fried Rice with an egg roll | Mashed Potatoes \& Corn with Chicken Gravy |  |
|  |  | Mashed Potatoey |  |  |  |
|  |  | FEATURED VEGGIES |  | FEATURED VEGGIES | FEATURED VEGGIES |
|  |  | Garden Peas Carrot \& Celery Sticks | Oriental Mixed Vegetable Broccoli Salad | Mashed Potatoes Steamed Corn | Steamed Mixed Vegetable Side Caesar Salad |
|  |  | Choice of Fruit | Choice of Fruit | Choice of Fruit | Choice of Fruit |
|  |  | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| Grain/Bread Choice of Milk | 11-Mar | 12-Mar | 13-Mar WING IT WEDNESDAY | $\begin{aligned} & \text { 14-Mar } \\ & \text { Pasta Bar } \end{aligned}$ | 15-Mar |
|  | TeachepIn-Sepvice | Nacho Grande$\begin{aligned} & \text { Or } \\ & \text { Mini Corn Dogs } \end{aligned}$ | Wing Bar (T) Bone in or Boneless Choice of Sauce | Choice of Pasta \& Sauce | Sandwich <br> or |
| Daily Vegetable Choices May Include: |  |  |  | Choice of Chicken or Meatballs Garlic Breadstick |  |
| Spinach, Broccoli, Romaine Salad, |  | atured veceies | FEATURED VEGGIES |  | Crispy Fish Sandwich with Tarter Sauce |
|  |  | FEATURED VEGGIES Black Beans |  | FEATURED VEGGIES <br> Side Caesar Salad | FEATURED VEGGIES |
|  | $\operatorname{s}=$ |  | Curley Fries | Steamed Mixed Veggies | Glazed Carrots |
| Tomatoes, Red Peppers, Beans, Peas, <br> Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green | Act 80 Day - No School | Choice of Fruit | Choice of Fruit | Choice of Fruit | Choice of Fruit |
|  |  | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| Peppers, Green Beans, Cabbage and Green Peppers | 18-M | 19-Mar | 20-Mar | 21-Mar | 22-MarMacaroni And Cheese |
|  | Shepherds Pie over Biscuits | TJ Chipotle!(T) Choice of Chicken, Beef | Popcorn Chicken Bowl Popcorn Chicken over | State Fair Day Mini Corn Dogs |  |
| Daily Fruit Choices May Include: | or Turkey Rachels | or Pork. rice. beans |  | Dutch Waffle Bar |  |
| Oranges, Apples, Bananas, Grapes, |  |  | Mashed Potatoes \& Corn with Chicken Gravy |  | $\stackrel{\text { or }}{\text { Fish Sticks }}$ |
| Pears, Peaches, Cantaloupe, Melon, | Turkey Rachels on Rye Bread | peppers \& onions and all the toppings | with Chicken Gravy | with fruit toppings |  |
| Strawberries, Applesauce, Pineapple, | Mashed Potatoes | Black Beans | Mashed Potatoes | Curly Fries | Baby Carrots |
| 100\% Fruit Juices, and Mandarin | Coleslaw | Fresh Garden Salsa | Steamed Corn | Celery Sticks | Green Beans |
| Oranges | Choice of Fruit/Milk | Choice of Fruit | Choice of Fruit | Choice of Fruit | Choice of Fruit |
|  | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk | Choice of Milk |
| GRAD AND GO SALADS | 25-Mar Open Faced Hot Turkey Sandwich or Popcorn Chicken | 26-Mar Soup \& Baked Potato Bar(T) | $\xrightarrow[\text { 27-Mar }]{\text { WING IT WEDNESDAY }}$ | 28-Mar | 29-Mar |
| AND SANDWICHES |  | Choice of Soup paired | Wing $\operatorname{Bar}(\mathrm{T})$ |  |  |
| Choices May Include: Vegetable |  | with a Baked Potato | Bone in or Boneless | (3) 1 C M - - |  |
| Garden Salad w/ roll |  | and choice of Toppings | Choice of Sauce |  |  |
| Ham or Turkey Salad w/ Roll |  | FEATURED VEGGIES | FEATURED VEGGIES | sing Recess - No School |  |
| Chef's Salad w/ roll | FEATURED VEGGIES Mashed Potatoes | Steamed Broccoli | Crinkle Cut Oven Fries |  |  |  |
| Greek Salad w/ Roll | Romaine Side Salad | Coleslaw Choice of Fruit | Sliced cucumbers |  |  |  |
| Strawberry Spinach Salad w/ Roll | Choice of Fruit <br> Choice of Milk | Choice of Fruit Choice of Milk | Choice of Fruit |  |  |  |
| 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


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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.

