



Lunch Prices

Student \$3.30
Student Tier \$4.20
Reduced \$0.40

Checks can be made payable
to "WJHSD Cafeteria Fund"

Online payments can be made
at www.payforit.com
Instructions can be found
at www.wjhsd.net



Manage your child's lunch account
at www.schoolcafe.com

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

Instructions can be found
at www.wjhsd.net



John Rambo

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WJHSD PHMS Lunch Menu April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
4/1/24 APRIL FOOLS' DAY Spring Recess - No School	4/2/24 Chirps Chicken On a wg Bun or Walking Taco Pretzel Stick Featured Veggies: Mexicali Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	4/3/24 Breakfast For Lunch Breakfast Sandwich or French Toast Sticks with Sausage Patty Featured Veggies: Hash brown Triangles Hot Sliced Apples Choice of Fruit Choice of Milk	4/4/24 Pepperoni Pizza Hot Pocket(T) or Cheese Burger On a wg Bun Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	4/5/24 Fish Sticks Cocktail Sauce or Cheesy French Bread Pizza Featured Veggies: Green Beans Carrot Sticks Choice of Fruit Choice of Milk
4/8/24 Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	4/9/24 Wing Bar(T) Bone in or Boneless or (2) Soft Tacos Featured Veggies: Spanish Rice w/Salsa Romaine Salad Choice of Fruit Choice of Milk	4/10/24 Jaguar Burger(T) On a Keiser Bun or Turkey and Cheese Sandwich Featured Veggies: Curley Fries Green Pepper Strips Choice of Fruit Choice of Milk	4/11/24 Toasted Cheese Sandwich or General Tso Chicken(T) Fried Rice & Egg Roll Featured Veggies: Tomato Soup Broccoli Choice of Fruit Choice of Milk	4/12/24 Spicy Chicken Patty On a wg Bun or Italian Dunkers with sauce Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk
4/15/24 Bosco's Pizza Sticks w/Dipping Sauce or Hamburger or Cheeseburger On a wg Bun Featured Veggies: Curly Fries Green Beans Choice of Fruit/Milk Act 80 2 Hour Delay Day	4/16/24 Popcorn Chicken Bowl with Gravy or Cold Italian Hoagie Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	4/17/24 Toasted Cheese Tomato Soup or Pierogi Meal with cheese stick Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit/Milk Choice of Milk	4/18/24 Chicken & Biscuits or Homemade Pepperoni Roll(T) w/Dipping Sauce Featured Veggies: Celery Sticks with Ranch Romaine Salad Choice of Fruit Choice of Milk	4/19/24 Pepperoni Pizza Hot Pocket(T) or PASTA BAR Spaghetti, Marinara or Alfredo Featured Veggies: Cucumber Salad Tomato Wedges Choice of Fruit Choice of Milk
4/22/24 Hot Turkey Sandwich with Gravy or Hot Ham & Cheese On a Pretzel Roll Featured Veggies: Mashed Potatoes Coleslaw Choice of Fruit Choice of Milk	4/23/24 Mini Corn Dog or Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	4/24/24 Wing Bar(T) Bone in or Boneless or Hamburger or Cheeseburger On a wg Bun Featured Veggies: Oven Fries Mixed Vegetable Choice of Fruit Choice of Milk	4/25/24 Pepperoni Roll(T) with sauce or BBQ Ribby On a wg Bun Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	4/26/24 Double Dog Day 2 hot dogs for one price(T) or Italian Dunkers with sauce Featured Veggies: Tomato Wedges Corn Salad Choice of Fruit Choice of Milk
4/29/24 State Fair Day Corn Dog on a Stick or Funnel Cake Fruit Toppings Featured Veggies: Curley Fries Carrot & Celery Sticks Choice of Fruit Choice of Milk	4/30/24 Chirps Chicken On a wg Bun or Walking Taco Pretzel Stick Featured Veggies: Mexicali Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	5/1/24 Bosco's Pizza Sticks w/Dipping Sauce or French Toast Sticks with Sausage Patty Featured Veggies: Hash brown Triangles Hot Sliced Apples Choice of Fruit Choice of Milk	5/2/24 Popcorn Chicken Bowl with Gravy or Cheese Steak On a wg Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	5/3/24 General Tso Chicken(T) Fried Rice & Egg Roll or Pepperoni Flat Bread Pizza Featured Veggies: Oriental Vegetable Oven Fries Choice of Fruit Choice of Milk

Looking for Nutritional information? Go to 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:

Check out our Pizza Line!!! Assorted Pizza Choices that may include: Big Daddy's(T), Deep Dish(T), Taco, Stuffed Crust, French Bread, Buffalo Chicken, and more...

or
Chicken Patty Sandwiches
or
Grab & Go Salads
or

Grab & Go Deli Sandwiches or
Try our version of the Launchable, "The Lunch Pack" Entree options include Yogurt & Cheese Stick, Ham & Cheese Cubes, Grilled Chicken Strips, Nachos, Breadstick Dippers, Pizza, and more...