



WJHSD PHMS Lunch Menu May 2024



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
 Food Service Director
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Monday	Tuesday	Wednesday	Thursday	Friday
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
5/6/24 Pepperoni Pizza Hot Pocket(T) or Spaghetti & Meatballs Garlic Toast Featured Veggies: Cucumber Salad Tomato Wedges Choice of Fruit Choice of Milk	5/7/24 Spicy Chicken Quesadilla or Nacho Grande Pretzel Stick Featured Veggies: Black Beans Garden Salsa Choice of Fruit Choice of Milk	5/8/24 Breakfast For Lunch Breakfast Sandwich or Breakfast Bar Scrambled Eggs, Bacon Featured Veggies: Hash Browns Carrot Sticks Choice of Fruit Choice of Milk	5/9/24 Homemade Pepperoni Roll(T) w/Dipping Sauce or Cheese Burger On a wg Bun Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	5/10/24 Chirps Chicken On a wg Bun or Cheesy French Bread Pizza Featured Veggies: Green Beans Carrot Sticks Choice of Fruit Choice of Milk
5/13/24 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	5/14/24 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	5/15/24 Bacon Cheese. Burger(T) or Turkey and Cheese Sandwich Featured Veggies: Curley Fries Green Pepper Strips Choice of Fruit Choice of Milk	5/16/24 Toasted Cheese Sandwich or General Tso Chicken(T) Fried Rice & Egg Roll Featured Veggies: Tomato Soup Broccoli Choice of Fruit Choice of Milk	5/17/24 Chicken Patty On a wg Bun or Italian Dunkers with sauce Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk
5/20/24 Bosco's Pizza Sticks w/Dipping Sauce or Hamburger or Cheeseburger On a wg Bun Featured Veggies: Curly Fries Green Beans Choice of Fruit Choice of Milk	5/21/24 Popcorn Chicken Bowl with Gravy or Cold Italian Hoagie Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	5/22/24 Toasted Cheese Tomato Soup or Pierogi Meal with cheese stick Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit/Milk Choice of Milk	5/23/24 Cold Turkey Bacon Ranch Wrap or Homemade Pepperoni Roll(T) w/Dipping Sauce Featured Veggies: Celery Sticks with Ranch Romaine Salad Choice of Fruit Choice of Milk	5/24/24 Teacher In-Service  No School for Students
5/27/24 Memorial Day  MEMORIAL DAY THANK YOU TO THE REAL SUPER HEROES. No School	5/28/24 Mini Corn Dog or Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	5/29/24 Wing Bar(T) Bone in or Boneless or Hot Ham & Cheese on a Pretzel Bun Featured Veggies: Oven Fries Mixed Vegetable Choice of Fruit Choice of Milk	5/30/24 Pepperoni Roll(T) with sauce or BBQ Ribby On a wg Bun Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	5/31/24 Picnic Day Hot Dog or Hamburger or Cheesburger Potato Chips Featured Veggies: Baked Beans Carrot & Celery Sticks Watermelon & Icy Juicy Choice of Milk

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...

Looking for Nutritional information? Go to SchoolCafe.com. Instructions are on the District Website