



August

WELCOME BACK TO SCHOOL

September

WJHSD Elementary & Intermediate Lunch Menu Aug/Sep 2024



Lunch Prices

Student \$3.15/\$3.95(T)  
Reduced \$0.00  
Adult \$4.65/5.55(T)

Checks can be made payable to "WJHSD Cafeteria Fund"

Online payments can be made at [www.schoolcafe.com](http://www.schoolcafe.com)  
Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)



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)

goodbye, august  
hello, september

John Rambo

Food Service Director  
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/26/24</b> Mini Corn Dog or Popcorn Chicken with Whole Grain Roll <b>Featured Veggies:</b> Steamed Corn Red Pepper Strips Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>8/27/24</b> Nacho Grande Tortilla Chips or Taco Pizza <b>Featured Veggies:</b> Black Beans Cherry Tomatoes Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>8/28/24</b> Boneless Wings Choice of Sauce or Italian Dunker with Dipping Sauce <b>Featured Veggies:</b> Baby Carrots Celery Sticks Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>8/29/24</b> Chicken Patty On a wg Bun or Spaghetti & Meatballs <b>Featured Veggies:</b> Steamed Green Beans Caesar Salad Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>8/30/24</b> Belgian Waffles with Sausage Patty or Breakfast Sandwich on a Croissant <b>Featured Veggies:</b> Hashbrowns Cinnamon Apples Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>
<b>9/2/24</b> <b>LABOR DAY</b>  <b>DISTRICT CLOSED</b>	<b>9/3/24</b> Walking Taco with Dorito Chips or Hot Dog On a wg Bun <b>Featured Veggies:</b> Tater Tots Carrot Sticks Choice of Fruit & Milk <b>Nacho Lunch Pack</b>	<b>9/4/24</b> Cheeseburger On a wg Bun or General Tso Chicken(T) over rice <b>Featured Veggies:</b> Cucumber Salad Mandarin Oranges Choice of Fruit & Milk <b>Nacho Lunch Pack</b>	<b>9/5/24</b> Grilled Chicken and Broccoli Alfredo over Penne or Pepperoni Roll with Dipping Sauce <b>Featured Veggies:</b> Steamed broccoli Chic Peas Salad Choice of Fruit & Milk <b>Nacho Lunch Pack</b>	<b>9/6/24</b> Macaroni & Cheese with a Soft Pretzel Stick or Big Daddy's Pizza(T) <b>Featured Veggies:</b> Side Salad Baby Carrots Choice of Fruit & Milk <b>Nacho Lunch Pack</b>
<b>9/9/24</b> Funnel Cake or Corn Dog on a Stick <b>Featured Veggies:</b> Waffle Fries Green Pepper Strips Choice of Fruit & Milk <b>Ham &amp; Cheese Lunch Pack</b>	<b>9/10/24</b> Soft Shell Beef Taco or Pizza Sticks <b>Featured Veggies:</b> Shredded Lettuce & Tomato Chic Pes Salad Choice of Fruit & Milk <b>Ham &amp; Cheese Lunch Pack</b>	<b>9/11/24</b> Chicken Mashed Potato Bowl or Hot Ham & Cheese on a Pretzel Bun <b>Featured Veggies:</b> Mashed Potatoes Golden Corn Choice of Fruit & Milk <b>Ham &amp; Cheese Lunch Pack</b>	<b>9/12/24</b> Toasted Cheese Sandwich or Pulled Pork BBQ <b>Featured Veggies:</b> Tomato Soup Coleslaw Choice of Fruit & Milk <b>Ham &amp; Cheese Lunch Pack</b>	<b>9/13/24</b> French Bread Pizza(T) or Potato & Cheese Pierogies <b>Featured Veggies:</b> Broccoli Florets Ranchero Carrots Choice of Fruit & Milk <b>Ham &amp; Cheese Lunch Pack</b>
<b>9/16/24</b> Spaghetti with Meatballs or Chicken Patty. On a wg Bun <b>Featured Veggies:</b> Steamed Green Beans Ceaser Salad Choice of Fruit & Milk <b>Pizza Lunch Pack</b>	<b>9/17/24</b> Taco Pizza or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Black Beans Tomato Salsa Choice of Fruit & Milk <b>Pizza Lunch Pack</b>	<b>9/18/24</b> Big Daddy's Pizza(T) or Cold Italian Hoagie <b>Featured Veggies:</b> French Fries Steamed Broccoli Choice of Fruit & Milk <b>Pizza Lunch Pack</b>	<b>9/19/24</b> Bacon Cheeses Burger(T) or Chicken Nuggets Buttered Noodles <b>Featured Veggies:</b> Baked Beans Cauliflower Florets Choice of Fruit & Milk <b>Pizza Lunch Pack</b>	<b>9/20/24</b> French Toast Sticks with Sausage Patty or Turkey And Cheese Wrap <b>Featured Veggies:</b> Cherry Tomatoes Corn Salad Choice of Fruit & Milk <b>Pizza Lunch Pack</b>
<b>9/23/24</b> Chicken Mashed Potato Bowl or BBQ Rib Sandwich On a wg Bun <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>9/24/24</b> Hot Dog On a wg Roll or Walking Taco Pretzel Stick <b>Featured Veggies:</b> Tater Tots Green Pepper Strips Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>9/25/24</b> Boneless Wings Choice of Sauce or Italian Dunker with Dipping Sauce <b>Featured Veggies:</b> Baby Carrots Celery Sticks Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>9/26/24</b> Penne Pasta Meat Sauce Garlic Bread Stick or Chicken Patty On a wg Bun <b>Featured Veggies:</b> Green Beans Romaine Salad Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>	<b>9/27/24</b> Belgian Waffles with Sausage Patty or Egg & Cheese Croissant <b>Featured Veggies:</b> Hashbrowns Cinnamon Apples Choice of Fruit & Milk <b>Yogurt Lunch Pack</b>

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 Lunchable, 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!