



January

WJHSD Elementary & Intermediate Lunch Menu January 2025



Lunch Prices

Student \$3.15/\$3.95(T)
 Student 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
 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

Monday 12/30/24	Tuesday 12/31/24	Wednesday 1/1/25	Thursday 1/2/25	Friday 1/3/25
2025				
<i>Holiday Break - No School</i>				
<i>1/6/25</i>				
Chicken Nuggets with Whole Grain Roll or Meatball Hoagie	Walking Taco with Dorito Chips or Hot Dog On a wg Bun	Cheeseburger On a wg Bun or General Tso Chicken(T) over rice	Grilled Chicken and Broccoli Alfredo over Penne or Pepperoni Roll with Dipping Sauce	Macaroni & Cheese with a Soft Pretzel Stick or Big Daddy's Pizza(T)
Featured Veggies: Green Peas Celery Sticks Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Featured Veggies: Tater Tots Carrot Sticks Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Featured Veggies: Cucumber Salad Mandarin Oranges Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Featured Veggies: Steamed broccoli Chic Peas Salad Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	Featured Veggies: Side Salad Baby Carrots Choice of Fruit & Milk <i>Nacho Lunch Pack</i>
<i>1/13/25</i>				
Funnel Cake or Corn Dog on a Stick	Soft Shell Beef Taco or Pizza Sticks	Chicken Mashed Potato Bowl or Hot Ham & Cheese on a Pretzel Bun	Toasted Cheese Sandwich or Pulled Pork BBQ	French Bread Pizza(T) or Potato & Cheese Pierogies
Featured Veggies: Waffle Fries Green Pepper Strips Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	Featured Veggies: Shredded Lettuce & Tomato Chic Pes Salad Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	Featured Veggies: Mashed Potatoes Golden Corn Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	Featured Veggies: Tomato Soup Coleslaw Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	Featured Veggies: Broccoli Florets Ranchero Carrots Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>
<i>1/20/25</i>				
 NO SCHOOL	Taco Pizza or Nachos Grande Tortilla Chips	Big Daddy's Pizza(T) or Cold Italian Hoagie	Bacon Cheeses Burger(T) or Chicken Nuggets Buttered Noodles	French Toast Sticks with Sausage Patty or Turkey And Cheese Wrap
	Featured Veggies: Black Beans Tomato Salsa Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	Featured Veggies: Black Beans Tomato Salsa Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	Featured Veggies: French Fries Steamed Broccoli Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	Featured Veggies: Baked Beans Cauliflower Florets Choice of Fruit & Milk <i>Pizza Lunch Pack</i>
<i>1/27/25</i>				
Chicken Mashed Potato Bowl or BBQ Rib Sandwich On a wg Bun	Hot Dog On a wg Roll or Walking Taco Pretzel Stick	Boneless Wings Choice of Sauce or Italian Dunker with Dipping Sauce	Penne Pasta Meat Sauce Garlic Bread Stick or Chicken Patty On a wg Bun	Belgian Waffles with Sausage Patty or Egg & Cheese Croissant
Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Featured Veggies: Baby Carrots Celery Sticks Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Featured Veggies: Green Beans Romaine Salad Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	Featured Veggies: Hashbrowns Cinnamon Apples Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>

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 Launchable, 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!