



# JUNE

## WJHSD Elementary & Intermediate Lunch Menu June 2024



### Lunch Prices





Student \$3.05  
 Student Tier \$3.85  
 Reduced \$0.40

Checks can be made payable to "WJHSD Cafeteria Fund"

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

### Monday

### Friday

6/3/24	6/4/24	6/5/24	6/6/24	6/7/24
Chicken Nuggets with Whole Grain Roll or Chefs Choice  <b>Featured Veggies:</b> Glazed Carrots Oven Fries Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	  <i>1/2 Day No Lunch Service</i>			Thank you for your support over the past year!  See you again 8/26/2024!
6/10/24	6/11/24	6/12/24	6/13/24	6/14/24
				

**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!



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)



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