



MARCH

WJHSD Elementary & Intermediate Lunch Menu March 2023



Lunch Prices

Student \$2.95
 Student Tier \$3.85
 Reduced \$0.40

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
 412-655-8610 x6270
 jrambo@wjhsd.net

Monday	Tuesday	Wednesday	Thursday	Friday
2/27/23 Don't Forget about FREE BREAKFAST!!! All WJHSD Students qualify for 1 FREE Complete Breakfast!!! Be sure to check it out in your Cafeteria!!!	2/28/23	3/1/23 Pulled BBQ Pork on a bun or French Toast Sticks With Sausage Patties Featured Veggies: Hash Brown Potatoes Fresh Cucumber Slices Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>	3/2/23 Hamburger or Cheeseburger On a wg Bun or Penne Pasta & Meat Sauce Garlic Bread Featured Veggies: Steamed Corn Romaine Salad Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>	3/3/23 Fish Sticks Tarter Sauce or French Bread Cheese Pizza Featured Veggies: Cherry Tomatoes Celery Sticks Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>
3/6/23 Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll Featured Veggies: Au Gratin Potatoes Red Pepper Strips Choice of Fruit & Milk <i>Yogurt Lunchable</i>	3/7/23 Chicken Fajita or Taco Pizza Featured Veggies: Mexicali Corn Romaine Salad Choice of Fruit & Milk <i>Yogurt Lunchable</i>	3/8/23 Hot Dog On a wg Bun or Hamburger On a wg Bun Featured Veggies: Curley Fries Green Pepper Strips Choice of Fruit & Milk <i>Yogurt Lunchable</i>	3/9/23 Pizza Stromboli with dipping sauce or Turkey and Cheese Sandwich Featured Veggies: Carrot Sticks Tater Tots Choice of Fruit & Milk <i>Yogurt Lunchable</i>	3/10/23 Toasted Cheese Sandwich or Crispy Fish Sandwich with Tarter Sauce Featured Veggies: Tomato Soup Chick Pea Salad Choice of Fruit & Milk <i>Yogurt Lunchable</i>
3/13/23 Act 80 In-Service Day  NO SCHOOL	3/14/23 Hot Italian Sandwich or Beef Taco On a wg Soft Tortilla Featured Veggies: Lettuce & Tomato Glazed Carrots Choice of Fruit & Milk <i>Ham & Cheese Lunchable</i>	3/15/23 Bacon Cheese Burger(T) On a wg Bun or Pierogi Meal with cheese stick Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit & Milk <i>Ham & Cheese Lunchable</i>	3/16/23 Mini Corn Dogs or Homemade Pepperoni(T) Roll w/ Dipping Sauce Featured Veggies: Celery Sticks with Ranch Romaine Salad Choice of Fruit & Milk <i>Ham & Cheese Lunchable</i>	3/17/23 Macaroni & Cheese Garlic Bread or Stuffed Crust Pizza Featured Veggies: Cucumber Salad Tomato Wedges Choice of Fruit & Milk <i>Ham & Cheese Lunchable</i>
3/20/23 Ham & Cheese Melt On a wg Croissant or Chicken Nuggets with Whole Grain Roll Featured Veggies: Glazed Carrots Coleslaw Choice of Fruit & Milk <i>Pizza Lunchable</i>	3/21/23 Hot Dog On a wg Bun or Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Celery Sticks Choice of Fruit & Milk <i>Pizza Lunchable</i>	3/22/23 General Tso's Chicken or Turkey Bacon Ranch Wrap Featured Veggies: Brown Rice Steamed Broccoli Choice of Fruit & Milk <i>Pizza Lunchable</i>	3/23/23 Hamburger or Cheeseburger On a wg Bun or Spaghetti & Meatballs Garlic Bread Featured Veggies: Yellow Beans Caesar Salad Choice of Fruit & Milk <i>Pizza Lunchable</i>	3/24/23 Fish Sticks Tarter Sauce or Big Daddy's(T) Cheese Pizza Featured Veggies: Cherry Tomatoes Corn Salad Choice of Fruit & Milk <i>Pizza Lunchable</i>
3/27/23 Corn Dog on a stick or Popcorn Chicken with Whole Grain Roll Featured Veggies: Potato Wedges Chick Pea Salad Choice of Fruit & Milk <i>Breadstick Lunchable</i>	3/28/23 Taco Pizza or Walking Taco Pretzel Stick Featured Veggies: Black Beans Tomato & Onion Salad Choice of Fruit & Milk <i>Breadstick Lunchable</i>	3/29/23 Chicken Mashed Potato Bowl or Cold Italian Hoagie Featured Veggies: Mashed Potatoes Corn Choice of Fruit & Milk <i>Breadstick Lunchable</i>	3/30/23 Italian Meatballs & Cheese On a wg Roll or Chicken Patty On a wg Bun Featured Veggies: Green Beans Romaine Salad Choice of Fruit & Milk <i>Breadstick Lunchable</i>	3/31/23 Italian Dunker with dipping sauce or Crispy Fish Sandwich with Tarter Sauce Featured Veggies: Red Pepper Strips Crinkle Cut Fries Choice of Fruit & Milk <i>Breadstick Lunchable</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 Lunchable!!!

The Lunchable 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!