



# WJHSD Elementary & Intermediate Lunch Menu May & June 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](http://www.schoolcafe.com)  
 Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)

### COOKOUT MENU

- Choose one: Hamburger or Cheeseburger or Hot Dog
- Baked Beans
- Carrot Sticks
- Celery Sticks
- Watermelon
- Potato Chips
- Icy Juicy
- Choice of Milk

Look for your Schools assigned day!!!

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)



John Rambo

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>5/8/23</b> Open Face Hot Turkey Sandwich w/Gray or Popcorn Chicken with Whole Grain Roll <b>Featured Veggies:</b> Mashed Potatoes Red Pepper Strips Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>	<b>5/9/23</b> Nacho Grande or Toasted Spicy Chicken Quesadilla <b>Featured Veggies:</b> Black Bean Salsa Romaine Salad Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>	<b>5/10/23</b> Pulled BBQ Pork on a bun or French Toast Sticks With Sausage Patties <b>Featured Veggies:</b> Hash Brown Potatoes Fresh Cucumber Slices Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>	<b>5/11/23</b> Macaroni & Cheese Garlic Bread or Chicken Nuggets with Whole Grain Roll <b>Featured Veggies:</b> Cucumber Salad Tomato Wedges Choice of Fruit & Milk <i>Grilled Chicken Lunchable</i>	<b>5/12/23</b> Homemade Pepperoni(T) Roll w/ Dipping Sauce or Ham & Cheese Melt On a Pretzel Roll <b>Featured Veggies:</b> Side Caesar Salad / Carrots Choice of Fruit & Milk <b>McCLELLAN COOKOUT</b> <i>Grilled Chicken Lunchable</i>
<b>5/15/23</b> Chicken Mashed Potato Bowl or Cold Italian Hoagie <b>Featured Veggies:</b> Mashed Potatoes Corn Choice of Fruit & Milk <i>Yogurt Lunchable</i>	<b>5/16/23</b> Chicken Patty On a wg Bun or Taco Pizza <b>Featured Veggies:</b> Mexicali Corn Romaine Salad Choice of Fruit & Milk <i>Yogurt Lunchable</i>	<b>5/17/23</b> Hot Dog On a wg Bun or Hamburger On a wg Bun <b>Featured Veggies:</b> Curley Fries Green Pepper Strips Choice of Fruit & Milk <i>Yogurt Lunchable</i>	<b>5/18/23</b> Spaghetti & Meat sauce Garlic Breadstick or Grilled Chicken Wrap <b>Featured Veggies:</b> Carrot Sticks / Tatet Tots Choice of Fruit & Milk <b>GILL HALL COOKOUT</b> <i>Yogurt Lunchable</i>	<b>5/19/23</b> Big Daddy's Pizza (T) or Sloppy Joe On a Bun <b>Featured Veggies:</b> Cole Slaw / Side Salad Choice of Fruit & Milk <b>JHIS COOKOUT</b> <i>Yogurt Lunchable</i>
<b>5/22/23</b> Toasted Cheese Sandwich or Boneless Wings (T) w/BBQ Sauce <b>Featured Veggies:</b> Tomato Soup Curley Fries Choice of Fruit & Milk <i>Ham &amp; Cheese Lunchable</i>	<b>5/23/23</b> Hot Italian Sandwich or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Lettuce & Tomato Glazed Carrots Choice of Fruit & Milk <i>Ham &amp; Cheese Lunchable</i>	<b>5/24/23</b> Bacon Cheese Burger(T) On a wg Bun or Pierogi Meal with cheese stick <b>Featured Veggies:</b> Steamed Broccoli Carrot Sticks Choice of Fruit & Milk <i>Ham &amp; Cheese Lunchable</i>	<b>5/25/23</b> Mini Corn Dogs or Homemade Pepperoni(T) Roll w/ Dipping Sauce <b>Featured Veggies:</b> Celery Sticks with Ranch Romaine Salad Choice of Fruit & Milk <i>Ham &amp; Cheese Lunchable</i>	<b>Act 80 In-Service Day</b>  <b>District Closed</b>
<b>5/29/23</b>  <b>Memorial Day District Closed</b>	<b>5/30/23</b> Hot Dog On a wg Bun or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Baked Beans Celery Sticks Choice of Fruit & Milk <i>Pizza Lunchable</i>	<b>5/31/23</b> General Tso's Chicken or Turkey Bacon Ranch Wrap <b>Featured Veggies:</b> Brown Rice Steamed Broccoli Choice of Fruit & Milk <i>Pizza Lunchable</i>	<b>6/1/23</b> Chicken Fries or Spaghetti & Meatballs Garlic Bread <b>Featured Veggies:</b> Yellow Beans Caesar Salad Choice of Fruit & Milk <i>Pizza Lunchable</i>	<b>6/2/23</b> Big Daddy's(T) Cheese Pizza or Chefs Choice <b>Featured Veggies:</b> Cherry Tomatoes Corn Salad Choice of Fruit & Milk <i>Pizza Lunchable</i>
<b>6/5/23</b> Corn Dog on a stick or Chefs Choice <b>Featured Veggies:</b> Potato Wedges Chick Pea Salad Choice of Fruit & Milk <i>Breadstick Lunchable</i>	<b>6/6/23</b> Walking Taco Pretzel Stick or Chefs Choice <b>Featured Veggies:</b> Black Beans Tomato & Onion Salad Choice of Fruit & Milk <i>Breadstick Lunchable</i>	<b>6/7/23</b> <b>ENJOY YOUR SUMMER VACATION</b>  <b>SCHOOLS OUT</b> Thanks for Supporting Your Foodservice Department	<b>6/8/23</b>  <b>WJHSD Kennywood Picnic Day</b>	<b>6/9/23</b> See You in August!!! 

## 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!