



WJHSD Elementary & Intermediate Lunch Menu November 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
 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
11/4/24 Funnel Cake or Corn Dog on a Stick Featured Veggies: Waffle Fries Green Pepper Strips Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	11/5/24 Soft Shell Beef Taco or Pizza Sticks Featured Veggies: Shredded Lettuce & Tomato Chic Pes Salad Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	11/6/24 Chicken Mashed Potato Bowl or Hot Ham & Cheese on a Pretzel Bun Featured Veggies: Mashed Potatoes Golden Corn Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	11/7/24 Toasted Cheese Sandwich or Pulled Pork BBQ Featured Veggies: Tomato Soup Coleslaw Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>	11/8/24 French Bread Pizza(T) or Potato & Cheese Pierogies Featured Veggies: Broccoli Florets Ranchero Carrots Choice of Fruit & Milk <i>Ham & Cheese Lunch Pack</i>
11/11/24 Spaghetti with Meatballs or Chicken Patty. On a wg Bun Featured Veggies: Steamed Green Beans Ceaser Salad Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	11/12/24 Taco Pizza or Nachos Grande Tortilla Chips Featured Veggies: Black Beans Tomato Salsa Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	11/13/24 Big Daddy's Pizza(T) or Cold Italian Hoagie Featured Veggies: French Fries Steamed Broccoli Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	11/14/24 Bacon Cheeses Burger(T) or Chicken Nuggets Buttered Noodles Featured Veggies: Baked Beans Cauliflower Florets Choice of Fruit & Milk <i>Pizza Lunch Pack</i>	11/15/24 French Toast Sticks with Sausage Patty or Turkey And Cheese Wrap Featured Veggies: Cherry Tomatoes Corn Salad Choice of Fruit & Milk <i>Pizza Lunch Pack</i>
11/18/24 Chicken Mashed Potato Bowl or BBQ Rib Sandwich On a wg Bun Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	11/19/24 Hot Dog On a wg Roll or Walking Taco Pretzel Stick Featured Veggies: Tater Tots Green Pepper Strips Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	11/20/24 Boneless Wings Choice of Sauce or Italian Dunker with Dipping Sauce Featured Veggies: Baby Carrots Celery Sticks Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	11/21/24 <i>Thanksgiving Meal</i> Oven Roasted Turkey Mashed Potatoes Herb Seasoned Stuffing Turkey Gravy Featured Veggies: Garden Peas Carrot & Celery Sticks Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>	11/22/24 Belgian Waffles with Sausage Patty or Egg & Cheese Croissant Featured Veggies: Hashbrowns Cinnamon Apples Choice of Fruit & Milk <i>Yogurt Lunch Pack</i>
11/25/24 PICNIC DAY Hamburger / Cheeseburger or Hot Dog Featured Veggies: Baked Beans Celery Sticks Choice of Fruit & Milk <i>Nacho Lunch Pack</i>	 Early Dismissal No Lunch Service	 Fall Break - No School for Students - District Closed		
12/2/24  Fall Break - No School	12/3/24 Nachos Grande or Cheese Quesadillas Featured Veggies: Refried Beans Tomato Salsa Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	12/4/24 Italian Meatball Hoagie' or Chicken Patty On a wg Bun Featured Veggies: Sliced Cucumbers Romaine Salad Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	12/5/24 Toasted Cheese Sandwich or Pulled Pork BBQ On a wg Bun Featured Veggies: Tomato Soup Coleslaw Choice of Fruit & Milk <i>Breadstick Lunch Pack</i>	12/6/24 Big Daddy's Pizza (T) or Potato & Cheese Pierogies Featured Veggies: Broccoli Florets Ranchero Carrots Choice of Fruit & Milk <i>Breadstick 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!