

August 2024

September

Thomas Jefferson High School Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH PRICES:

Student \$3.40/\$4.30 Tier(T)
Reduced \$0.00
Adult \$4.65/\$5.55(T)

www.schoolcafe.com for online payments
Instructions found at www.wjhsd.net

Paper Check? No problem. Make checks payable to "WJHSD Cafeteria Fund"

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

Daily Vegetable Choices May Include:

- Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

- Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

GRAD AND GO SALADS AND SANDWICHES

Choices May Include:

- Garden Salad, Taco Salad, Grilled or Crispy Chicken Salad, Chef's Salad, Buffalo Chicken Salad, Chicken Caesar Salad, Italian Hoagie, Ham & Cheese Sandwich, Salami & Cheese Sandwich, Turkey & Cheese Sandwich, Turkey Bacon Club Sandwich, Buffalo chicken Wrap, Ranch Chicken Wrap, Bar-B-Que Chicken Wrap, Chicken Caesar Wrap

WELCOME BACK TO SCHOOL!



John Rambo

Food Service Director
412-655-8610 x6270
jrambo@wjhsd.net

Try SchoolCafe.com for menus and Nutritional Information
Menu Subject to Change based on product availability.
USDA is an equal opportunity provider and employer.

BISTRO 1776

<p>26-Aug Popcorn Chicken and Mashed Potato Bowl</p> <p>FEATURED VEGGIES Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>27-Aug Nachos Grande Tortilla Chips</p> <p>FEATURED VEGGIES Black Beans Garden Salsa Choice of Fruit Choice of Milk</p>	<p>28-Aug WING BAR Boneless or Bone in Wings(T) Choice of Sauce</p> <p>FEATURED VEGGIES Baby Carrots & Celery Oven Fries Choice of Fruit Choice of Milk</p>	<p>29-Aug PASTA BAR Choice of Pasta & Sauce Choice of Chicken or Meatballs Garlic Breadstick</p> <p>FEATURED VEGGIES Side Caesar Salad Green Beans Choice of Fruit Choice of Milk</p>	<p>30-Aug WAFFLE BAR Belgian Waffles With Fruit Toppings and Sausage</p> <p>FEATURED VEGGIES Hashbrowns Cinnamon Apples Choice of Fruit Choice of Milk</p>
<p>2-Sep Schools Closed</p>	<p>3-Sep Walking Taco or Taco Pizza</p> <p>FEATURED VEGGIES Tater Tots Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4-Sep General Tso's Chicken(T) server over Fred Rice with an egg roll</p> <p>FEATURED VEGGIES Cucumber Salad Mandarin Oranges Choice of Fruit Choice of Milk</p>	<p>5-Sep Grilled Chicken and Broccoli Alfredo over Penne</p> <p>FEATURED VEGGIES Steamed Broccoli Chickpea Salad Choice of Fruit Choice of Milk</p>	<p>6-Sep Macaroni & Cheese w Soft Pretzel Stick</p> <p>FEATURED VEGGIES Side Salad Baby Carrots Choice of Fruit Choice of Milk</p>
<p>9-Sep Mini Corn Dogs or Funnel Cake</p> <p>FEATURED VEGGIES Waffle Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>10-Sep TJ Chipotle(T) Choice of Beef, Chicken, or Pork in a Burrito Bowl</p> <p>FEATURED VEGGIES Peppers & Onions Black Beans Choice of Fruit Choice of Milk</p>	<p>11-Sep Chicken Tikka Masala with Cilantro Lime Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Tomato Salad Choice of Fruit Choice of Milk</p>	<p>12-Sep Egg Roll in a Bowl (Deconstructed Egg Roll)</p> <p>FEATURED VEGGIES Oriental Vegetable Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>13-Sep Cheese Pierogies with Sautéed Onions</p> <p>FEATURED VEGGIES Romaine Salad Ranchero Carrots Choice of Fruit Choice of Milk</p>
<p>16-Sep Spaghetti with Meatballs Chicken Parmesan Sandwich</p> <p>FEATURED VEGGIES Steamed Green Beans Caesar Salad Choice of Fruit/Milk Act 80 2 Hour Delay Day</p>	<p>17-Sep Chicken Fajitas with Sautéed Peppers & Onions or Beef Soft Tacos</p> <p>FEATURED VEGGIES Black Beans Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>18-Sep TJ Subway(T) Our version of the Deli Bar Choice of Bread or Wrap Choice of Deli Meats and Cheeses with all the toppings</p> <p>FEATURED VEGGIES Curly Fries Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>19-Sep Turkey & Cheese Sliders or Meatball Hoagie</p> <p>FEATURED VEGGIES Coleslaw Spinach Salad Choice of Fruit Choice of Milk</p>	<p>20-Sep Breakfast for Lunch French Toast Sticks with Sausage Patty</p> <p>FEATURED VEGGIES Hashbrown Potatoes Cinnamon Apples Choice of Fruit Choice of Milk</p>
<p>23-Sep Popcorn Chicken and Mashed Potato Bowl</p> <p>FEATURED VEGGIES Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>24-Sep Nachos Grande Tortilla Chips</p> <p>FEATURED VEGGIES Black Beans Garden Salsa Choice of Fruit Choice of Milk</p>	<p>25-Sep WING BAR Boneless or Bone in Wings(T) Choice of Sauce</p> <p>FEATURED VEGGIES Baby Carrots & Celery Oven Fries Choice of Fruit Choice of Milk</p>	<p>26-Sep PASTA BAR Choice of Pasta & Sauce Choice of Chicken or Meatballs Garlic Breadstick</p> <p>FEATURED VEGGIES Side Caesar Salad Green Beans Choice of Fruit Choice of Milk</p>	<p>27-Sep WAFFLE BAR Belgian Waffles With Fruit Toppings and Sausage</p> <p>FEATURED VEGGIES Hashbrowns Cinnamon Apples Choice of Fruit Choice of Milk</p>

GRILLE FIFTY5ONE

Choices may include Hamburgers, Cheeseburgers, Double Cheeseburgers(T), Jaguar Burgers(T), Corn Dogs, Grilled Jumbo Hot Dogs, Cheese Steak Hoagies Small or Large(T), Quesadillas, Grilled Chicken Sandwiches, and Texas Toast Grilled Cheese with Tomato Soup

VILLA MONTICELLO

Choice of fresh baked pizza!!! Choices may include Hand Tossed(T), Deep Dish(T), French Bread, Flat Bread, Sicilian Style(T), Big Daddy's(T), Detroit Style(T), Calzones(T), and Pepperoni Rolls(T).

THE CHAMPION OF ALL CHICKEN CHERP'S CHICKEN

Choices may include Chicken Patty on a bun, Spicy Chicken Patty on a bun, Grilled Chicken Sandwich, Popcorn Chicken, Chicken Nuggets, Chicken Fries, Chicken Wings(T), Chicken Sliders, or Chicken Tenders.

Declarative DELI

Made to order Chopped Salads, Sandwiches, and Wraps with an assortment of fresh deli meats and cheeses. You can pick from the wide variety of fresh toppings to tailor it just the way you want it. Toast your sandwich in the Panini Press or over at Villa Monticello. Check out our Fresh Soups too all Served Daily!