



2025

JANUARY

Thomas Jefferson High School Lunch Menu



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: Vegetable Garden Salad w / roll
 Ham or Turkey Salad w/ Roll
 Chef's Salad w/ roll
 Greek Salad w/ Roll
 Strawberry Spinach Salad w/ Roll
 Caprese Pasta Salad with Roll
 Ham & Cheese Wrap or Turkey and Swiss on Baguette
 Buffalo chicken Wrap
 Taco Chicken Wrap
 Chicken Caesar Wrap
 Roast Beef and Cheddar Wrap
 Italian Wrap



John Rambo

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

BISTRO 1776

30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Holiday Break - No School				
<p>6-Jan</p> <p>Buffalo Chicken Pasta</p> <p>FEATURED VEGGIES Celery Sticks Garden Peas Choice of Fruit Choice of Milk</p>	<p>7-Jan</p> <p>Walking Taco or Taco Pizza</p> <p>FEATURED VEGGIES Tater Tots Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>8-Jan</p> <p>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>9-Jan</p> <p>Grilled Chicken and Broccoli Alfredo over Penne</p> <p>FEATURED VEGGIES Steamed Broccoli Chickpea Salad Choice of Fruit Choice of Milk</p>	<p>10-Jan</p> <p>Macaroni & Cheese w Soft Pretzel Stick</p> <p>FEATURED VEGGIES Side Salad Baby Carrots Choice of Fruit Choice of Milk</p>
<p>13-Jan</p> <p>Mini Corn Dogs or Funnel Cake</p> <p>FEATURED VEGGIES Waffle Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>14-Jan</p> <p>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>15-Jan</p> <p>Chicken Tikka Masala with Cilantro Lime Rice</p> <p>FEATURED VEGGIES Steamed Broccoli Tomato Salad Choice of Fruit Choice of Milk</p>	<p>16-Jan</p> <p>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>17-Jan</p> <p>Cheese Pierogies with Sauteed Onions</p> <p>FEATURED VEGGIES Romaine Salad Ranchero Carrots Choice of Fruit Choice of Milk</p>
<p>20-Jan</p> <p>MARTIN LUTHER KING JR. DAY</p> <p>NO SCHOOL</p>	<p>21-Jan</p> <p>Chicken Fajitas with Sauteed Peppers & Onions or Beef Soft Tacos</p> <p>FEATURED VEGGIES Black Beans Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>22-Jan</p> <p>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>23-Jan</p> <p>Turkey & Cheese Sliders or Meatball Hoagie</p> <p>FEATURED VEGGIES Coleslaw Spinach Salad Choice of Fruit Choice of Milk</p>	<p>24-Jan</p> <p>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>27-Jan</p> <p>Popcorn Chicken and Mashed Potato Bowl</p> <p>FEATURED VEGGIES Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>28-Jan</p> <p>Nachos Grande Tortilla Chips</p> <p>FEATURED VEGGIES Black Beans Garden Salsa Choice of Fruit Choice of Milk</p>	<p>29-Jan</p> <p>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>30-Jan</p> <p>PASTA BAR Choice of Pasta & Sauce Choice of Chicken or Meatballs Garlic Breadstick</p> <p>FEATURED VEGGIES Side Ceasar Salad Green Beans Choice of Fruit Choice of Milk</p>	<p>31-Jan</p> <p>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

CHECK OUT OUR HOPPY MEAL - Every Tuesday In honor of Coach Hoppy!! Other choices may include Hamburgers, Cheeseburgers, Double Cheeseburgers(T), Jaguar Burgers(T), Corn Dogs, Grilled Jumbo Hot Dogs, Quesadillas, Grilled Chicken Sandwiches, Cheese Steak Hoagies, Specialty Burgers(T), Texas Toast Grilled Cheese with Tomato Soup, and more!!!

VILLA MONTICELLO

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

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.

Declaration 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!**