

MARCH



Thomas Jefferson High School Lunch Menu



LUNCH PRICES:
 Student \$3.20/\$4.10 Tier(T)
 Reduced \$4.40
 Adult \$4.35/\$4.55*

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

Try Schoolcafe.com for menus and nutritional information

John Rambo

Food Service Director
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Menu Subject to Change based on product availability.

USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BISTRO 1776				
<p>27-Feb Don't forget about FREE BREAKFAST!!!</p> <p>All WJHSD Students qualify for 1 FREE Breakfast!!!</p> <p>Be sure to check it out in the Cafeteria!</p>	<p>28-Feb</p>	<p>1-Mar</p> <p>Beef & Cheddar on a Croissant</p> <p>FEATURED VEGGIES Au Gratin Potatoes Celery Sticks Choice of Fruit Choice of Milk</p>	<p>2-Mar</p> <p>Double Dog Day (2) Hot Dogs</p> <p>All the fixings</p> <p>FEATURED VEGGIES BBQ Baked Beans Cole slaw Choice of Fruit Choice of Milk</p>	<p>3-Mar</p> <p>Macaroni and Cheese w/ Pretzel Sticks or Fish Sticks</p> <p>FEATURED VEGGIES Steamed Green Beans Side Caesar Salad Choice of Fruit Choice of Milk</p>
<p>6-Mar</p> <p>Popcorn Chicken and Mashed Potato Bowl</p> <p>FEATURED VEGGIES Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>7-Mar</p> <p>Fajita Bar Chicken or Beef on a soft tortilla</p> <p>FEATURED VEGGIES Black Beans Mexicali Corn Choice of Fruit Choice of Milk</p>	<p>8-Mar</p> <p>General Tso's Chicken(T) server over Fred Rice with an egg roll</p> <p>FEATURED VEGGIES Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>9-Mar</p> <p>Cheeseburger Sliders</p> <p>FEATURED VEGGIES Oven Fries Celery Sticks Choice of Fruit Choice of Milk</p>	<p>10-Mar</p> <p>Pasta Bar Penne Pasta with Marinara or Alfredo Sauce Garlic Breadstick</p> <p>FEATURED VEGGIES Baby Carrots Broccoli Choice of Fruit Choice of Milk</p>
<p>13-Mar</p> <p>Act 80 In-Service</p> <p>NO SCHOOL</p>	<p>14-Mar</p> <p>Italian Chicken Sandwich with Provolone Cheese on a Brioche Bun</p> <p>FEATURED VEGGIES French Fries Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>15-Mar</p> <p>Wing Bar! Boneless or Bone in Choice of Sauce</p> <p>FEATURED VEGGIES Crinkle Cut Oven Fries Sliced cucumbers Choice of Fruit Choice of Milk</p>	<p>16-Mar</p> <p>Breakfast for Lunch French Toast Sticks with Sausage Patties</p> <p>FEATURED VEGGIES Triangle Hash Browns Cinnamon Apples Choice of Fruit Choice of Milk</p>	<p>17-Mar</p> <p>Loaded Pierogis with various toppings</p> <p>FEATURED VEGGIES Steamed Broccoli Chickpea Salad Choice of Fruit Choice of Milk</p>
<p>20-Mar</p> <p>BBQ Rib Patty on a Bun</p> <p>FEATURED VEGGIES Onion Rings Cole Slaw Choice of Fruit Choice of Milk</p>	<p>21-Mar</p> <p>Nachos Grande Tortilla Chips</p> <p>FEATURED VEGGIES Black Beans Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>22-Mar</p> <p>Pot Stickers(T) server over Fred Rice with an egg roll</p> <p>FEATURED VEGGIES Oriental Vegetables Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>23-Mar</p> <p>Grilled Panini Flatbread Fare A variety of Panini Sandwiches Grilled on Flatbread</p> <p>FEATURED VEGGIES Oven Fries Side Salad Choice of Fruit Choice of Milk</p>	<p>24-Mar</p> <p>Crispy Fish Sandwich w/ Tarter Sauce</p> <p>FEATURED VEGGIES Mixed Vegetables Baby Carrots Choice of Fruit Choice of Milk</p>
<p>27-Mar</p> <p>Italian Meatball Hoagie</p> <p>FEATURED VEGGIES Au Gratin Potatoes Tomato & Mozzarella Salad Choice of Fruit Choice of Milk</p>	<p>28-Mar</p> <p>Hot Ham & Cheese Sliders</p> <p>FEATURED VEGGIES Oven Fries Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>29-Mar</p> <p>Chicken Parmesan Sandwich</p> <p>FEATURED VEGGIES Side Caesar Salad Steamed Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>30-Mar</p> <p>Ravolis with Marinara or Meat Sauce Garlic Bread</p> <p>FEATURED VEGGIES Side Caesar Salad Steamed Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>31-Mar BREAKFAST FOR LUNCH</p> <p>Dutch Waffle Bar with fruit toppings</p> <p>FEATURED VEGGIES Triangle Hash Browns Glazes Carrots Choice of Fruit Choice of Milk</p>

GRILLE FIFTYSTONE

Choices may include Hamburgers, Cheeseburgers, Double Cheeseburgers(T), Jaguar Burgers(T), Corn Dogs, Cheese Steak Hoagies Regular and Large(T), Quesadillas, Grilled Chicken Sandwiches, and Grilled Cheese Sandwich on Texas Toast 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), Daddy's(T), Detroit Style(T), and Pepperoni Rolls*. 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.

Declaratio **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!