



2024



# Thomas Jefferson High School Lunch Menu



### LUNCH PRICES:

Student \$3.30/\$4.20 Tier(T)  
Reduced \$.40  
Adult \$4.50/\$5.30\*

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

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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.

## BISTRO 1776

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4-Nov</b> Mini Corn Dogs or Funnel Cake <b>FEATURED VEGGIES</b> Waffle Fries Green Pepper Strips Choice of Fruit Choice of Milk	<b>5-Nov</b> TJ Chipotle(T) Choice of Beef, Chicken, or Pork in a Burrito Bowl <b>FEATURED VEGGIES</b> Peppers & Onions Black Beans Choice of Fruit Choice of Milk	<b>6-Nov</b> Chicken Tikka Masala with Cilantro Lime Rice <b>FEATURED VEGGIES</b> Steamed Broccoli Tomato Salad Choice of Fruit Choice of Milk	<b>7-Nov</b> Egg Roll in a Bowl (Deconstructed Egg Roll) <b>FEATURED VEGGIES</b> Oriental Vegetable Red Pepper Strips Choice of Fruit Choice of Milk	<b>8-Nov</b> Cheese Pierogies with Sautéed Onions <b>FEATURED VEGGIES</b> Romaine Salad Ranchero Carrots Choice of Fruit Choice of Milk
<b>11-Nov</b> Spaghetti with Meatballs Chicken Parmesan Sandwich <b>FEATURED VEGGIES</b> Steamed Green Beans Caesar Salad Choice of Fruit/Milk <b>Act 80 2 Hour Delay Day</b>	<b>12-Nov</b> Chicken Fajitas with Sautéed Peppers & Onions or Beef Soft Tacos <b>FEATURED VEGGIES</b> Black Beans Tomato & Onion Salad Choice of Fruit Choice of Milk	<b>13-Nov</b> TJ Subway(T) Our version of the Deli Bar Choice of Bread or Wrap Choice of Deli Meats and Cheeses with all the toppings <b>FEATURED VEGGIES</b> Curly Fries Cucumber Salad Choice of Fruit Choice of Milk	<b>14-Nov</b> Turkey & Cheese Sliders or Meatball Hoagie <b>FEATURED VEGGIES</b> Coleslaw Spinach Salad Choice of Fruit Choice of Milk	<b>15-Nov</b> <b>Breakfast for Lunch</b> French Toast Sticks with Sausage Patt <b>FEATURED VEGGIES</b> Hashbrown Potatoes Cinnamon Apples Choice of Fruit Choice of Milk
<b>18-Nov</b> Popcorn Chicken and Mashed Potato Bowl <b>FEATURED VEGGIES</b> Steamed Corn Mashed Potatoes Choice of Fruit Choice of Milk	<b>19-Nov</b> Nachos Grande Tortilla Chips <b>FEATURED VEGGIES</b> Black Beans Garden Salsa Choice of Fruit Choice of Milk	<b>20-Nov</b> <b>WING BAR</b> Boneless or Bone in Wings(T) Choice of Sauce <b>FEATURED VEGGIES</b> Baby Carrots & Celery Oven Fries Choice of Fruit Choice of Milk	<b>21-Nov</b> <b>THANKSGIVING MEAL</b> Oven Roasted Turkey Mashed Potatoes Herb Seasoned Bread Stuffing Turkey Gravy <b>FEATURED VEGGIES</b> Garden Peas Veggie Charcuterie Choice of Fruit Choice of Milk	<b>22-Nov</b> <b>WAFFLE BAR</b> Belgian Waffles With Fruit Toppings and Sausage <b>FEATURED VEGGIES</b> Hashbrowns Cinnamon Apples Choice of Fruit Choice of Milk
<b>25-Nov</b> <b>SLIDER DAY</b> Cheeseburger Sliders or Hot Italian Sliders <b>FEATURED VEGGIES</b> Oven Fries Celery Sticks Choice of Fruit Choice of Milk	<b>26-Nov</b> Early Dismissal No Lunch Service 	<b>27-Nov</b> <b>28-Nov</b> <b>29-Nov</b>  <b>Fall Break - No School for Students - District Closed</b>		
<b>2-Dec</b>  <b>Fall Break - No School</b>	<b>3-Dec</b> TJ Chipotle(T) Choice of Beef, Chicken, or Pork in a Burrito Bowl <b>FEATURED VEGGIES</b> Peppers & Onions Black Beans Choice of Fruit Choice of Milk	<b>4-Dec</b> Chicken Tikka Masala with Cilantro Lime Rice <b>FEATURED VEGGIES</b> Steamed Broccoli Tomato Salad Choice of Fruit Choice of Milk	<b>5-Dec</b> Egg Roll in a Bowl (Deconstructed Egg Roll) <b>FEATURED VEGGIES</b> Oriental Vegetable Red Pepper Strips Choice of Fruit Choice of Milk	<b>6-Dec</b> Cheese Pierogies with Sautéed Onions <b>FEATURED VEGGIES</b> Romaine Salad Ranchero Carrots Choice of Fruit Choice of Milk

## GRILLE FIFTY5 ONE

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.

## 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!