



# August **BACK to SCHOOL** September



## WJHSD PHMS Lunch Menu Aug/Sep 2024

### Lunch Prices

Student \$3.40/\$4.30(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](http://www.schoolcafe.com)  
 Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)



Why did the radish kiss the banana?  
 Because it had a peel!


Manage your child's lunch account at [www.schoolcafe.com](http://www.schoolcafe.com)

See what they are purchasing  
 Get low balance alerts and more!

Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/26/24</b> Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll <b>Featured Veggies:</b> Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	<b>8/27/24</b> Nachos Grande or Mini Corn Dogs <b>Featured Veggies:</b> Black Beans Romaine Salad Choice of Fruit Choice of Milk	<b>8/28/24</b> Chicken Patty On a wg Bun or French Toast Sticks With Sausage Patties <b>Featured Veggies:</b> Hash Brown Potatoes Fresh Cucumber Slices Choice of Fruit Choice of Milk	<b>8/29/24</b> Jaguar Burger (T) on a Keiser Bun or Macaroni & Cheese <b>Featured Veggies:</b> Curley Fries Cole Slaw Choice of Fruit Choice of Milk	<b>8/30/24</b> Mini Pepperoni Calzone with Sauce or Italian Dunkers with Sauce <b>Featured Veggies:</b> Cherry Tomatoes Side Caesar Salad Choice of Fruit Choice of Milk
<b>9/2/24</b>  <b>DISTRICT CLOSED</b>	<b>9/3/24</b> Hot Ham & Cheese on a Pretzel Bun or Walking Taco with Doritos Chips <b>Featured Veggies:</b> Garden Salsa Romaine Salad Choice of Fruit Choice of Milk	<b>9/4/24</b> General Tso Chicken(T) Fried Rice & Egg Roll or Steak & Cheese Hoagie <b>Featured Veggies:</b> Steamed Broccoli Mandarin Oranges Choice of Fruit Choice of Milk	<b>9/5/24</b> Toasted Cheese Sandwich or Homemade Pepperoni(T) Roll w/ Dipping Sauce <b>Featured Veggies:</b> Tomato Soup Curly Fries Choice of Fruit Choice of Milk	<b>9/6/24</b> Salad Bar or Pepperoni French Bread Pizza(T) <b>Featured Veggies:</b> Celery Sticks Chick Pea Salad Choice of Fruit Choice of Milk
<b>9/9/24</b> Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	<b>9/10/24</b> TJ Chipotle Choice of Beef, Chicken, or Pork Rice, Peppers & Onions in a Burrito Bowl Choice of toppings <b>Featured Veggies:</b> Black Bean Salsa Lettuce & Tomato Choice of Fruit Choice of Milk	<b>9/11/24</b> Wing Bar(T) Bone in or Boneless Choice of Sauce <b>Featured Veggies:</b> Curly Fries Carrot Sticks Choice of Fruit Choice of Milk	<b>9/12/24</b> Macaroni & Cheese with Pretzel Stick or Homemade Chicken and Biscuits <b>Featured Veggies:</b> Celery Sticks with Ranch Romaine Salad Choice of Fruit Choice of Milk	<b>9/13/24</b> Potato & Cheese Pierogis or Chicken Patty on a bun Spicy or Regular <b>Featured Veggies:</b> Cucumber Salad Tomato Wedges Choice of Fruit Choice of Milk
<b>9/16/24</b> Funnel Cake & Waffle Bar with Sausage Patty or Fruit Toppings <b>Featured Veggies:</b> Hash Brown Patty Cinnamon Apples Choice of Fruit Choice of Milk	<b>9/17/24</b> Double Dog Day 2 hot dogs for one price(T) or Nachos Grande Tortilla Chips <b>Featured Veggies:</b> Baked Beans Celery Sticks Choice of Fruit Choice of Milk	<b>9/18/24</b> Pasta Bar: Penne Pasta w/choice of sauce or Turkey Bacon Club Sandwich <b>Featured Veggies:</b> Baby Carrots Mixed Vegetable Choice of Fruit Choice of Milk	<b>9/19/24</b> Deli Bar(T) with Soup Choice of Deli Meats Choice of wg Breads <b>Featured Veggies:</b> Oven Fries Romaine Salad Choice of Fruit Choice of Milk	<b>9/20/24</b> Italian Dunker with Dipping Sauce or Oriental Tangerine Chicken(T) & Egg Roll <b>Featured Veggies:</b> Oriental Vegetable Mandarin Oranges Choice of Fruit Choice of Milk
<b>9/23/24</b> Bosco Pizza Sticks with Dipping Sauce or Popcorn Chicken <b>Featured Veggies:</b> Potato Wedges Chick Pea Salad Choice of Fruit Choice of Milk	<b>9/24/24</b> Taco Pizza or Walking Taco Pretzel Stick <b>Featured Veggies:</b> Mexicali Corn Cherry Tomatoes Choice of Fruit Choice of Milk	<b>9/25/24</b> <b>BREAKFAST FOR LUNCH</b> Breakfast Sandwich or Waffles with syrup and Sausage Patties <b>Featured Veggies:</b> Hash Brown Triangle Spiced Apples Choice of Fruit Choice of Milk	<b>9/26/24</b> Cheeseburger On a wg Bun or Homemade Pepperoni Roll(T) with Dipping Sauce <b>Featured Veggies:</b> Carrot Sticks Green Beans Choice of Fruit Choice of Milk	<b>9/27/24</b> Stuffed Crust Pizza(T) or Spaghetti with Meat Sauce Garlic Breadstick <b>Featured Veggies:</b> Side Caesar Salad Celery Sticks with Ranch Choice of Fruit Choice of Milk

### 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:

Check out our Pizza Line!!! Assorted Pizza Choices that may include: Big Daddys(T), DeepDish(T), Taco, Stuffed Crust, French Bread, Buffalo Chicken, and more...

or  
 Chicken Patty Sandwiches  
 or  
 Grab & Go Salads  
 or  
 Grab & Go Deli Sandwiches or

Try our version of the Lunchable, "The Lunch Pack" Entree options include Yogurt & Cheese Stick, Ham & Cheese Cubes, Grilled Chicken Strips, Nachos, Breadstick Dippers, Pizza, and more...