



Hello February

WJHSD PHMS Lunch Menu February 2025



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.payforit.com

Instructions can be found at www.wjhsd.net



Manage your child's lunch account at www.schoolcafe.com

See what they are purchasing
 Get low balance alerts
 Instructions can be found at www.wjhsd.net



John Rambo

Food Service Director
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Monday	Tuesday	Wednesday	Thursday	Friday
2/3/25 Build Your Own Burger On a wg Roll or Chicken & Broccoli Alfredo over Penne Pasta Featured Veggies: Side Romaine Salad Steamed Green Beans Choice of Fruit Choice of Milk	2/4/25 TJ Chipotle Choice of Beef, Chicken, or Pork Rice, Peppers & Onions in a Burrito Bowl Choice of toppings Featured Veggies: Black Beans Peppers & Onions Choice of Fruit Choice of Milk	2/5/25 Hot Ham & Cheese On a Pretzel Roll or General Tso's Chicken (T) over rice Featured Veggies: Steamed Broccoli Mandarin Oranges Choice of Fruit Choice of Milk	2/6/25 BBQ Rib Sandwich On a wg Bun or Flat Bread Pizza Featured Veggies: Oven Fries Creamy Coleslaw Choice of Fruit Choice of Milk	2/7/25 Cherps Spicy Chicken Patty or Salad Bar Featured Veggies: Tomato Salad Side Caesar Salad Choice of Fruit Choice of Milk
2/10/25 Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	2/11/25 Nachos Grande or Jaguar Burger(T) Featured Veggies: Black Bean Salsa Potato Wedges Choice of Fruit Choice of Milk	2/12/25 Boneless Wing Bar(T) Choice of Sauce or Check out the Pizza Line Meat Lovers Featured today Featured Veggies: Cavort Sticks Celery Sticks Choice of Fruit Choice of Milk	2/13/25 Turkey Bacon Club or Homemade Pepperoni(T) Roll w/ Dipping Sauce Featured Veggies: Curley Fries Broccoli Florets Choice of Fruit Choice of Milk	2/14/25 Italian Dunker or Cheeseburger on a wg bun Featured Veggies: Romaine Salad Sweet Potato Fries Choice of Fruit Choice of Milk
2/17/25  NO SCHOOL	2/18/25 Chicken Enchiladas or Walking Taco Featured Veggies: Lettuce & Tomato Chickpea Salad Choice of Fruit Choice of Milk	2/19/25 Pasta Bar : Penne Basta Choice of Sauce or Chicken Parm Sandwich Featured Veggies: Side Caesar Salad Steamed Broccoli Choice of Fruit Choice of Milk	2/20/25 Deli Bar(T) with Soup Choice of Deli Meats Choice of wg Breads Featured Veggies: Potato Wedges Baby Carrots Choice of Fruit Choice of Milk	2/21/25 Impossible Chicken Strips or Toasted Cheese Sandwich Featured Veggies: Tomato Soup Steamed Broccoli Choice of Fruit Choice of Milk
2/24/25 Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	2/25/25 Nachos Grande or Mini Corn Dogs Featured Veggies: Black Beans Romaine Salad Choice of Fruit Choice of Milk	2/26/25 Chicken Patty On a wg Bun or French Toast Sticks With Sausage Patties Featured Veggies: Hash Brown Potatoes Fresh Cucumber Slices Choice of Fruit Choice of Milk	2/27/25 Jaguar Burger (T) on a Keiser Bun or Macaroni & Cheese Featured Veggies: Curley Fries Cole Slaw Choice of Fruit Choice of Milk	2/28/25 Mini Pepperoni Calzone with Sauce or Italian Dunkers with Sauce Featured Veggies: Cherry Tomatoes Side Caesar Salad Choice of Fruit Choice of Milk
3/3/25 Build Your Own Burger On a wg Roll or Chicken & Broccoli Alfredo over Penne Pasta Featured Veggies: Tutor Tots Baby Carrots Choice of Fruit Choice of Milk	3/4/25 Hot Ham & Cheese on a Pretzel Bun or Walking Taco with Doritos Chips Featured Veggies: Garden Salsa Romaine Salad Choice of Fruit Choice of Milk	3/5/25 General Tso Chicken(T) Fried Rice & Egg Roll or Steak & Cheese Hoagie Featured Veggies: Steamed Broccoli Mandarin Oranges Choice of Fruit Choice of Milk	3/6/25 Toasted Cheese Sandwich or Homemade Pepperoni(T) Roll w/ Dipping Sauce Featured Veggies: Tomato Soup Curly Fries Choice of Fruit Choice of Milk	3/7/25 Salad Bar or Pepperoni French Bread Pizza(T) Featured Veggies: Celery Sticks Chick Pea Salad 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 Daddy's(T), Deep Dish(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 Launchable, "The Lunch Pack" Entree options include Yogurt & Cheese Stick, Ham & Cheese Cubes, Grilled Chicken Strips, Nachos, Breadstick Dippers, Pizza, and more...