



JANUARY

WJHSD PHMS Lunch Menu January 2025



Lunch Prices

Student \$3.40/\$4.30(T)
 Reduced Price \$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
 Instructions can be found at www.wjhsd.net



What do you call a baby monkey?

A chimp off the old block.

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

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

Instructions can be found at www.wjhsd.net



John Rambo

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

Monday	Tuesday	Wednesday	Thursday	Friday
12/30/24	12/31/24	1/1/25	1/2/25	1/3/25
Holiday Break - No School				
1/6/25	1/7/25	1/8/25	1/9/25	1/10/25
Build Your Own RothlesBurger On a wg Roll or Grilled Chicken Salad Burgh Style with Fries	Chipped Chopped Ham on a Pretzel Bun or Walking" Dahntahn" Taco with Doritos Chips	General Como's Chicken(T) Fried Rice & Egg Roll or Cheesesteak Hoagie	Steel City Grill Cheese or Homemade Pepperoni(T) Roll w/ Dipping Sauce	Pierogies -N- At or The Pittsburger - Our Version of Primantes #2 Best Seller
Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Garden Salsa Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Mandarin Oranges Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup Curly Fries Choice of Fruit Choice of Milk	Featured Veggies: Celery Sticks Chick Pea Salad Choice of Fruit Choice of Milk
1/13/25	1/14/25	1/15/25	1/16/25	1/17/25
Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie	TJ Chipotle Choice of Beef, Chicken, or Pork Rice, Peppers & Onions in a Burrito Bowl Choice of toppings	Wing Bar(T) Bone in or Boneless Choice of Sauce	Macaroni & Cheese with Pretzel Stick or Homemade Chicken and Biscuits	Potato & Cheese Pierogis or Chicken Patty on a bun Spicy or Regular
Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Black Bean Salsa Lettuce & Tomato Choice of Fruit Choice of Milk	Featured Veggies: Curly Fries Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Celery Sticks with Ranch Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Cucumber Salad Tomato Wedges Choice of Fruit Choice of Milk
1/20/25	1/21/25	1/22/25	1/23/25	1/24/25
 NO SCHOOL	Double Dog Day 2 hot dogs for one price(T) or Nachos Grande Tortilla Chips	Pasta Bar: Penne Pasta w/choice of sauce or Turkey Bacon Club Sandwich	Deli Bar(T) with Soup Choice of Deli Meats Choice of wa Breads	Italian Dunker with Dipping Sauce or Oriental Tangerine Chicken(T) & Egg Roll
	Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Baby Carrots Mixed Vegetable Choice of Fruit Choice of Milk	Featured Veggies: Oven Fries Romaine Salad Choice of Fruit Choice of Milk	Featured Veggies: Oriental Vegetable Mandarin Oranges Choice of Fruit Choice of Milk
1/27/25	1/28/25	1/29/25	1/30/25	1/31/25
Bosco Pizza Sticks with Dipping Sauce or Popcorn Chicken	Taco Pizza or Walking Taco Pretzel Stick	BREAKFAST FOR LUNCH Breakfast Sandwich or Waffles with syrup and Sausage Patties	Cheeseburger On a wg Bun or Homemade Pepperoni Roll(T) with Dipping Sauce	Stuffed Crust Pizza(T) or Spaghetti with Meat Sauce Garlic Breadstick
Featured Veggies: Potato Wedges Chick Pea Salad Choice of Fruit Choice of Milk	Featured Veggies: Mexicali Corn Cherry Tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Hash Brown Triangle Spiced Apples Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Green Beans Choice of Fruit Choice of Milk	Featured Veggies: Side Caesar Salad Celery Sticks with Ranch Choice of Fruit Choice of Milk

Looking for Nutritional information? Go to SchoolCafe.com. Instructions are on the District Website

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...