



WJHSD PHMS Lunch Menu June 2024



Lunch Prices

Student \$3.30
 Student Tier \$4.20
 Reduced \$0.40

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 and more!
 Instructions can be found at www.wjhsd.net



John Rambo
 Food Service Director
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Monday	Tuesday	Wednesday	Thursday	Friday
6/3/24 Nacho Grande or Chicken Patty Featured Veggies: Curley Fries Carrot & Celery Sticks Choice of Fruit Choice of Milk	6/4/24  1/2 Day No Lunch Service	6/5/24 	6/6/24	6/7/24 Thank you for your support over the past year! See you again 8/26/2024!
6/10/24	6/11/24	6/12/24	6/13/24	6/14/24
				

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" Entrée options include Yogurt & Cheese Stick, Ham & Cheese Cubes, Grilled Chicken Strips, Nachos, Breadstick Dippers, Pizza, and more...