



WJHSD PHMS Lunch Menu March 2023

Lunch Prices

Student \$3.20
 Student Tier \$4.10
 Reduced \$0.40

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



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



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 Food Service Director
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Monday	Tuesday	Wednesday	Thursday	Friday
2/27/23 Don't Forget about FREE BREAKFAST!!! All WJHSD Students qualify for 1 FREE Complete Breakfast!!! Be sure to check it out in your Cafeteria!!!	2/28/23	3/1/23 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	3/2/23 Nachos Grande or Penne Pasta & Meat Sauce Garlic Bread Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk	3/3/23 Fish Sticks Tarter Sauce or Big Daddy's Cheese Pizza (T) Featured Veggies: Cherry Tomatoes Celery Sticks Choice of Fruit Choice of Milk
3/6/23 Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll Featured Veggies: Au Gratin Potatoes Red Pepper Strips Choice of Fruit Choice of Milk	3/7/23 Taco Pizza or (2) Soft Tacos Featured Veggies: Spanish Rice w/Salsa Romaine Salad Choice of Fruit Choice of Milk	3/8/23 Jaguar Burger(T) On a Keiser Bun or Turkey and Cheese Sandwich Featured Veggies: Curley Fries Green Pepper Strips Choice of Fruit Choice of Milk	3/9/23 Toasted Cheese Sandwich or General Tso Chicken(T) Fried Rice & Egg Roll Featured Veggies: Tomato Soup Broccoli Choice of Fruit Choice of Milk	3/10/23 Macaroni & Cheese Pretzel Stick or Italian Dunker with dipping sauce Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk
3/13/23 Act 80 In-Service Day  NO SCHOOL	3/14/23 Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	3/15/23 Steak & Cheese Hoagie or Hot Dog Bar 2 dogs w/ choice of toppings Featured Veggies: Curly Fries Carrot Sticks Choice of Fruit Choice of Milk	3/16/23 Hot Dog On a wg Bun or Pepperoni Roll(T) with sauce Featured Veggies: Celery Sticks with Ranch Romaine Salad Choice of Fruit Choice of Milk	3/17/23 Potato & Cheese Pierogis or Crispy Fish Sandwich Tarter Sauce Featured Veggies: Cucumber Salad Tomato Wedges Choice of Fruit Choice of Milk
3/20/23 Funnel Cake w/syrup and Sausage Patty or Corn Dog on a Stick Featured Veggies: Hash Brown Patty Coleslaw Choice of Fruit Choice of Milk	3/21/23 Italian Hoagie or Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	3/22/23 Pasta Bar: Penne Pasts w/choice of sauce or Turkey Bacon Ranch Wrap Featured Veggies: Oven Fries Mixed Vegetable Choice of Fruit Choice of Milk	3/23/23 Pepperoni Roll(T) with sauce or Cheese Burger On a wg Bun Featured Veggies: Oven Fries Caesar Salad Choice of Fruit Choice of Milk	3/24/23 Fish Sticks Tarter Sauce or French Bread Pizza Featured Veggies: Tomato Wedges Corn Salad Choice of Fruit Choice of Milk
3/27/23 Mini Corn Dogs or Chicken Tenders Featured Veggies: Potato Wedges Chick Pea Salad Choice of Fruit Choice of Milk	3/28/23 Taco Pizza or Walking Taco Pretzel Stick Featured Veggies: Mexicali Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	3/29/23 Cold Italian Hoagie or General Tso's Chicken Featured Veggies: Fried Rice Steamed Broccoli Choice of Fruit Choice of Milk	3/30/23 Chicken Patty On a wg Bun or Pepperoni Roll(T) with sauce Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk	3/31/23 Cheese Pizza Sticks w/ Dipping Sauce or Crispy Fish Sandwich Tarter sauce Featured Veggies: Carrot 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:

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