



WJHSD PHMS Lunch Menu May & June 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



How did the Hipster burn his mouth?
 He ate Pizza before it was cool.

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
5/8/23 Italian Meatballs & Cheese On a wg Roll or Popcorn Chicken with Whole Grain Roll Featured Veggies: Curly Fries Red Pepper Strips Choice of Fruit Choice of Milk	5/9/23 Nachos Grande or Penne Pasta & Meat Sauce Garlic Bread Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk	5/10/23 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	5/11/23 Macaroni & Cheese with Pretzel Stick or Hot Ham & Cheese on a Pretzel Bun Featured Veggies: Cherry Tomatoes Celery Sticks Choice of Fruit Choice of Milk	5/12/23 Pepperoni Roll(T) with sauce or Pot stickers Featured Veggies: Oriental Vegetable Side Caesar Salad Choice of Fruit Choice of Milk
5/15/23 BREAKFAST FOR LUNCH Breakfast Sandwich or Waffles with syrup and Sausage Patties Featured Veggies: Hash Brown Triangle Spiced Apples Choice of Fruit Choice of Milk	5/16/23 Taco Pizza or Walking Taco Featured Veggies: Spanish Rice w/Salsa Romaine Salad Choice of Fruit Choice of Milk	5/17/23 Jaguar Burger(T) On a Keiser Bun or Chicken Tenders Featured Veggies: Curley Fries Green Pepper Strips Choice of Fruit Choice of Milk	5/18/23 Toasted Cheese Sandwich or General Tso Chicken(T) Fried Rice & Egg Roll Featured Veggies: Tomato Soup Broccoli Choice of Fruit Choice of Milk	5/19/23 Mini Corn Dogs or Italian Dunker with dipping sauce Featured Veggies: Carrot Sticks Chick Pea Salad Choice of Fruit Choice of Milk
5/22/23 Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	5/23/23 Nachos Grande or 2 Soft Tacos Featured Veggies: Black Bean Salsa Steamed Corn Choice of Fruit Choice of Milk	5/24/23 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	5/25/23 COOKOUT DAY Hamburger or Hot Dog or Cheeseburger Potato Chips Featured Veggies: Celery Sticks & Carrot Sticks Watermelon Icy Juicy Choice of Milk	5/26/23 Act 80 In-Service District Closed
5/29/23 MEMORIAL DAY <small>REMEMBERING & HONORING ALL WHO SERVED</small> ★ ★ ★ ★ ★ Memorial Day District Closed	5/30/23 Italian Hoagie or Nachos Grande Tortilla Chips Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	5/31/23 Pasta Bar: Penne Pasta w/choice of sauce or Turkey Bacon Ranch Wrap Featured Veggies: Oven Fries Mixed Vegetable Choice of Fruit Choice of Milk	6/1/23 Pepperoni Roll(T) with sauce or Cheese Burger On a wg Bun Featured Veggies: Baby Carrots Caesar Salad Choice of Fruit Choice of Milk	6/2/23 General Tso Chicken(T) Fried Rice & Egg Roll or Chefs Choice Featured Veggies: Broccoli Crinkle Cut Fries Choice of Fruit Choice of Milk
6/5/23 Funnel Cake w/syrup and Sausage Patty or Chefs Choice Featured Veggies: Potato Wedges Chick Pea Salad Choice of Fruit Choice of Milk	6/6/23 Popcorn Chicken or Chefs Choice Featured Veggies: Celery Sticks Tomato & Onion Salad Choice of Fruit Choice of Milk	6/7/23 ENJOY YOUR SUMMER VACATION SCHOOLS OUT Thanks for Supporting Your Foodservice Department	6/8/23 Kennywood WJHSD Kennywood Picnic Day	6/9/23 See You in August!!! Have an awesome Summer!

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