



# WJHSD PHMS Lunch Menu November 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.schoolcafe.com](http://www.schoolcafe.com)  
Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)



What did the Pecan say to the Walnut?  
We're friends because we are both Nuts!

Manage your child's lunch account at [www.schoolcafe.com](http://www.schoolcafe.com)

See what they are purchasing  
Get low balance alerts and more!  
Instructions can be found at [www.wjhsd.net](http://www.wjhsd.net)



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>11/4/24</b> Popcorn Chicken Bowl with Gravy or Italian Meatball Hoagie <b>Featured Veggies:</b> Mashed Potatoes, Steamed Corn, Choice of Fruit, Choice of Milk	<b>11/5/24</b> TJ Chipotle Choice of Beef, Chicken, or Pork, Rice, Peppers & Onions in a Burrito Bowl Choice of toppings <b>Featured Veggies:</b> Black Bean Salsa, Lettuce & Tomato, Choice of Fruit, Choice of Milk	<b>11/6/24</b> Wing Bar(T) Bone in or Boneless Choice of Sauce <b>Featured Veggies:</b> Curly Fries, Carrot Sticks, Choice of Fruit, Choice of Milk	<b>11/7/24</b> Macaroni & Cheese with Pretzel Stick or Homemade Chicken and Biscuits <b>Featured Veggies:</b> Celery Sticks with Ranch, Romaine Salad, Choice of Fruit, Choice of Milk	<b>11/8/24</b> Potato & Cheese Pierogis or Chicken Patty on a bun, Spicy or Regular <b>Featured Veggies:</b> Cucumber Salad, Tomato Wedges, Choice of Fruit, Choice of Milk
<b>11/11/24</b> Funnel Cake & Waffle Bar with Sausage Patty Fruit Toppings <b>Featured Veggies:</b> Hash Brown Patty, Cinnamon Apples, Choice of Fruit, Choice of Milk	<b>11/12/24</b> Double Dog Day 2 hot dogs for one price(T) or Nachos Grande, Tortilla Chips <b>Featured Veggies:</b> Baked Beans, Celery Sticks, Choice of Fruit, Choice of Milk	<b>11/13/24</b> Pasta Bar: Penne Pasta w/choice of sauce or Turkey Bacon Club Sandwich <b>Featured Veggies:</b> Baby Carrots, Mixed Vegetable, Choice of Fruit, Choice of Milk	<b>11/14/24</b> Deli Bar(T) with Soup Choice of Deli Meats, Choice of wg Breads <b>Featured Veggies:</b> Oven Fries, Romaine Salad, Choice of Fruit, Choice of Milk	<b>11/15/24</b> Italian Dunker with Dipping Sauce or Oriental Tangerine Chicken(T) & Egg Roll <b>Featured Veggies:</b> Oriental Vegetable, Mandarin Oranges, Choice of Fruit, Choice of Milk
<b>11/18/24</b> Bosco Pizza Sticks with Dipping Sauce or Popcorn Chicken <b>Featured Veggies:</b> Potato Wedges, Chick Pea Salad, Choice of Fruit, Choice of Milk	<b>11/19/24</b> Taco Pizza or Walking Taco, Pretzel Stick <b>Featured Veggies:</b> Mexicali Corn, Cherry Tomatoes, Choice of Fruit, Choice of Milk	<b>11/20/24</b> <b>BREAKFAST FOR LUNCH</b> Breakfast Sandwich or Waffles with syrup and Sausage Patties <b>Featured Veggies:</b> Hash Brown Triangle, Spiced Apples, Choice of Fruit, Choice of Milk	<b>11/21/24</b> <b>Thanksgiving Meal</b> Oven Roasted Turkey, Mashed Potatoes, Herb Seasoned Stuffing, Turkey Gravy <b>Featured Veggies:</b> Garden Peas, Carrot & Celery Sticks, Choice of Fruit & Milk, Choice of Milk	<b>11/22/24</b> Stuffed Crust Pizza(T) or Spaghetti with Meat Sauce, Garlic Breadstick <b>Featured Veggies:</b> Side Caesar Salad, Celery Sticks with Ranch, Choice of Fruit, Choice of Milk
<b>11/25/24</b> Build Your Own Burger On a wg Roll or Chicken & Broccoli Alfredo over Penne Pasta <b>Featured Veggies:</b> Side Romaine Salad, Steamed Green Beans, Choice of Fruit, Choice of Milk	<b>11/26/24</b> Early Dismissal No Lunch Service 	<b>11/27/24</b> <b>Fall Break - No School for Students - District Closed</b>	<b>11/28/24</b> <b>Happy Thanksgiving</b> 	<b>11/29/24</b> <b>Fall Break - No School</b>
<b>12/2/24</b>  <b>Fall Break - No School</b>	<b>12/3/24</b> Nachos Grande or Jaguar Burger(T) <b>Featured Veggies:</b> Black Bean Salsa, Potato Wedges, Choice of Fruit, Choice of Milk	<b>12/4/24</b> Boneless Wing Bar(T), Choice of Sauce or Check out the Pizza Line Meat Lovers Featured today <b>Featured Veggies:</b> Cavort Sticks, Celery Sticks, Choice of Fruit, Choice of Milk	<b>12/5/24</b> Turkey Bacon Club or Homemade Pepperoni(T) Roll w/ Dipping Sauce <b>Featured Veggies:</b> Curley Fries, Broccoli Florets, Choice of Fruit, Choice of Milk	<b>12/6/24</b> Italian Dunker or Cheeseburger on a wg bun <b>Featured Veggies:</b> Romaine Salad, Sweet Potato Fries, Choice of Fruit, Choice of Milk

Looking for Nutritional information? Go to [SchoolCafe.com](http://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 Daddys(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...