

**Alternate Lunch Available Daily.
Dark Greens Side Salad Offered Daily
with Lunch.
Look in cafeteria for details.**

**Port Jervis School District
December 2017
Elementary School Lunch Menu**

Breakfast Served Daily
Choice of Cereal & ½ WW Bagel or Cereal Graham
Crackers; or Mini Pancakes; or Breakfast Sandwich
With
½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Meal Prices		All Lunches include ½ cup fruit, minimum of 1 ounce whole grain food and 8 ounces of milk either 1% or fat-free milk		
Elementary School Breakfast: \$1.25 Lunch: \$2.50 Milk: \$0.45 Applications for free or reduced meals may be sent to school at any time during the school year. Please go to www.pjschools.org to download a copy of the application	Middle School & High School Breakfast: \$1.70 Lunch: \$2.90 Milk: \$0.45	1 Italian Dunkers ½ c Marinara Dip <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ c Italian Mixed Vegetables		
4 French Toast Sticks/Syrup Breakfast Sausage Links <i>Alt 1: Yogurt, Cheese & WW Roll</i> <i>Alt 2: Turkey & Cheese Sandwich</i> ½ c Potato Puffs ½ cup Orange or Apple Juice	5 Baked Macaroni & Cheese with 3 Chicken Nuggets <i>Alt 1: Hot Dog on WW Bun</i> <i>Alt 2: Bologna & Cheese Hero</i> ½ c. Broccoli	6 Hamburger/Cheeseburger WW Bun <i>Alt 1: Steak & Cheese on WW Bun</i> <i>Alt 2: Tuna & Cheese Hero</i> ½ cup Baked Beans ½ cup Green Beans	7 Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Ham & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots	8 Taco Meat on Soft Taco or Nacho Chips with Taco Meat Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Black Beans; ½ c Corn
11 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & WW Roll</i> <i>Alt 2: Tuna & Cheese Hero</i> ½ cup Green Beans ½ c. Baked Beans	12 Baked Ziti with Meat Balls <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Ham & Cheese Hero</i> 1 cup Romaine Salad	13 Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese & WW Roll</i> <i>Alt 2: Turkey Hero</i> ½ cup Broccoli ½ cup Carrots	14 Roast Turkey & Gravy, WW Dressing <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Bologna/WW Roll</i> ½ c Whipped Potatoes, ½ c Yams	15 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Black Beans; ½ c Corn
18 Chicken Patty & Cheese on WW Bun <i>Alt 1: Steak & Cheese on WW Bun</i> <i>Alt 2: Tuna & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries	19 Italian Dunkers ½ c Marinara Dip <i>Alt 1: Hot Dog on WW Bun</i> <i>Alt 2: It Combo WW Hero</i> ½ c Italian Mixed Vegetables	20 Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese & WW Roll</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Broccoli ½ cup Carrots	21 Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Baked Beans	22 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Ham & Cheese /WW Roll</i> ½ c. Oven Fries ½ c. Broccoli

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Menu Subject to Change

**Alternate Lunch Available Daily.
Dark Greens Side Salad Offered Daily
with Lunch.
Look in cafeteria for details.**

**Port Jervis School District
December 2017
Middle School Lunch Menu**

Breakfast Served Daily
Choice of Cereal & ½ WW Bagel or Cereal Graham
Crackers; or Mini Pancakes; or Breakfast Sandwich
With
½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Meal Prices		All Lunches include ½ cup fruit, minimum of 1 ounce whole grain food and 8 ounces of milk either 1% or fat-free milk		
Elementary School Breakfast: \$1.25 Lunch: \$2.50 Milk: \$0.45 Applications for free or reduced meals may be sent to school at any time during the school year. Please go to www.pjschools.org to download a copy of the application	Middle School & High School Breakfast: \$1.70 Lunch: \$2.90 Milk: \$0.45			
4 French Toast Sticks/Syrup Breakfast Sausage Links <i>Alt 1: Egg, Ham & Cheese Bagel</i> <i>Alt 2: Assorted Cold Heros</i> ½ c Potato Puffs ½ cup Orange or Apple Juice	5 Baked Macaroni & Cheese with 3 Chicken Nuggets <i>Alt 1: Hot Dog on WW Bun</i> <i>Alt 2: Assorted Cold Heros</i> ½ c. Broccoli	6 Hamburger/Cheeseburger WW Bun <i>Alt 1: Steak & Cheese on WW Bun</i> <i>Alt 2: : Assorted Cold Heros</i> ½ cup Baked Beans ½ cup Green Beans	7 Sicilian School Made Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Assorted Cold Heros</i> 1 cup Romaine Salad ½ cup Carrots	1 Italian Dunkers ½ c Marinara Dip <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ c Italian Mixed Vegetables
11 Buffalo Chicken Wrap <i>Alt 1: Yogurt, Cheese & WW Roll</i> <i>Alt 2: Assorted Cold Heros</i> ½ cup Green Beans ½ c. Baked Beans	12 Meatball Parmigiana Hero <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Assorted Cold Heros</i> <i>Pasta with Marinara</i> 1 cup Romaine Salad	13 Cheese Pizza or Pepperoni Pizza <i>Alt 1: Chicken Wrap WW</i> <i>Alt 2: Assorted Cold Heros</i> ½ cup Broccoli ½ cup Carrots	14 Roast Turkey & Gravy, Dressing <i>Alt 1: Steak & Cheese Roll</i> <i>Alt 2: Assorted Cold Heros</i> ½ c Whipped Potatoes, ½ c Yams, Cranberry Sauce Holiday Dessert	8 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: Assorted Cold Heros</i> ½ c. Black Beans; ½ c Corn
18 Chicken Parm. Hero of WW French Bread <i>Alt 1: Steak & Cheese on WW Bun</i> <i>Alt 2: Assorted Cold Heros</i> Pasta with Oil and Garlic 1 cup Romaine Salad	19 Italian Dunkers ½ c Marinara Dip <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: Assorted Cold Heros</i> ½ c Italian Mixed Vegetables	20 Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese & WW Roll</i> <i>Alt 2: Assorted Cold Heros</i> ½ cup Broccoli ½ cup Carrot	21 Nacho Chips & Taco Meat Or Chicken Fajita Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: Assorted Cold Heros</i> ½ c. Baked Beans	15 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: Assorted Cold Heros</i> ½ c. Black Beans; ½ c Corn
22 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Assorted Cold Heros</i> ½ c. Oven Fries ½ c. Broccoli				

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**Alternate Lunch Available Daily.
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with Lunch.
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**Port Jervis School District
December 2017
Senior High School Menu**

Breakfast Served Daily
Choice of Cereal & ½ WW Bagel or Cereal Graham
Crackers; or Mini Pancakes; or Breakfast Sandwich
With
½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Meal Prices				
Elementary School Breakfast: \$1.25 Lunch: \$2.50 Milk: \$0.45	Middle School & High School Breakfast: \$1.70 Lunch: \$2.90 Milk: \$0.45	All Lunches include 1 cup fruit (choice of 2 portions ½ cup each), minimum of 1 ounce whole grain food and 8 ounces of milk either 1% or fat-free milk		1 Italian Dunkers ½ c Marinara Dip ½ c Italian Mixed Vegetables
Applications for free or reduced meals may be sent to school at any time during the school year. Please go to www.pjschools.org to download a copy of the application				
4 French Toast Sticks/Syrup Breakfast Sausage Links ½ c Sweet Potatoes ½ cup Orange or Apple Juice	5 Baked Macaroni & Cheese with Chicken Nuggets ½ c. Broccoli	6 Hamburger/Cheeseburger WW Bun ½ cup Baked Beans ½ cup Green Beans	7 Buffalo Pizza or Pepperoni Pizza 1 cup Romaine Salad ½ cup Carrots	8 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice ½ c. Black Beans; ½ c Corn
11 Buffalo Chicken Wrap ½ cup Green Beans ½ c. Baked Beans	12 Meatball Parmigiana Hero Baked Pasta with Marinara 1 cup Romaine Salad	13 Sicilian School Made Cheese or Pepperoni Pizza ½ c ½ c. Broccoli ½ cup Carrots	14 Roast Turkey & Gravy, Dressing ½ c Whipped Potatoes , ½ c Yams , Cranberry Sauce Holiday Dessert	15 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice ½ c. Black Beans; ½ c Corn
18 Chicken Parm. Hero of WW French Bread Pasta with Oil and Garlic 1 cup Romaine Salad	19 Italian Dunkers ½ c Marinara Dip ½ c Italian Mixed Vegetables	20 Sicilian School Made Cheese Pizza or Pepperoni Pizza ½ cup Broccoli ½ cup Carrots	21 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice ½ c. Black Beans; ½ c Corn	22 Hamburger/Cheeseburger on WW Bun ½ c. Oven Fries ½ c. Broccoli

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