



**Port Jervis City School District  
December 2016  
Elementary School Lunch Menu**



**Breakfast Served Daily**  
WG Muffin or WW Bagel or Cereal  
Graham Crackers; or Mini Pancakes  
**With**  
½ cup 100% Juice, ½ cup Fruit,  
8 oz. Milk

<p><b>All our Meals Include:</b></p> <ul style="list-style-type: none"> <li>● ½ cup Fresh or Canned Fruit</li> <li>● ½ pint of Milk. Choice of 1% unflavored or Fat-Free Chocolate or Strawberry or Vanilla Milk</li> <li>● Whole Grain Bread, Rolls, Buns &amp; Rice</li> </ul>		 	<p align="center">1</p> <p><b>Pizzeria Style Cheese Pizza or Pepperoni Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots Sticks &amp; Dip</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">2</p> <p><b>Nacho Chips, &amp; Taco Meat, Shredded Cheese, Romaine &amp; Tomato, ½ c Brown Rice</b>  <i>Alt 1: Grilled Cheese on WW</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ c. Black Beans; ½ c Corn</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>
<p align="center">5</p> <p><b>Chicken Nuggets, Dipping Sauce</b>          ½ cup Brown Rice  <i>Alt 1: Chicken Wrap WW Wrap</i>  <i>Alt 2: Tuna Salad/WW Roll</i>  <b>½ c. Celery &amp; Carrot Sticks</b>  <b>½ cup Mixed Veg</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">6</p> <p><b>Hamburger/Cheeseburger on WW Bun</b>  <i>Alt 1: Chicken Patty on WW Bun</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>½ cup Baked Beans</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">7</p> <p><b>French Toast Sticks or Mini Pancakes Dipping Syrup with Sausage</b>  <i>Alt 1: Grilled Cheese on WW Bread</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">8</p> <p><b>Pizzeria Style Cheese Pizza</b>  <i>Alt 1: Yogurt, Cheese &amp; Breadstick</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots</b>          ½ cup Chilled Fruit          8 oz. Milk</p>	<p align="center">9</p> <p><b>Italian Dunkers</b>  <b>½ cup Marinara Dip</b>  <i>Alt 1: Grilled Cheese Sand.</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ cup Broccoli</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>
<p align="center">12</p> <p><b>Hamburger/Cheeseburger on WW Bun</b>  <i>Alt 1: Chicken Patty on WW Bun</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">13</p> <p><b>Nacho Chips &amp; Taco Meat Shredded Cheese. Romaine &amp; Tomato, ½ c Brown Rice</b>  <i>Alt 1: Grilled Cheese Sand.</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ cup Seasoned Black Beans</b>          ½ cup Chilled Fruit, 8 oz.</p>	<p align="center">14</p> <p><b>Roast Chicken/Gravy</b>          ½ c Whipped Potatoes,          ½ c Corn          Fruit Cobbler/Whip Topping          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">15</p> <p><b>Pizzeria Style Cheese Pizza or Pepperoni Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">16</p> <p><b>Macaroni &amp; Cheese &amp; WW Roll</b>  <i>Alt 1: Chicken Wrap WW Wrap</i>  <i>Alt 2: Tuna Salad/WW Roll</i>  <b>½ cup Broccoli</b>  <b>1 cup Romaine Salad</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>
<p align="center">19</p> <p><b>Nathans All Beef Hot Dog on WW Bun</b>  <i>Alt 1: Hamburger on WW Bun</i>  <i>Alt 2: Ham Sandwich on WW</i>  <b>½ c Baked Beans</b>  <b>½ Potato Wedges</b>          ½ c Chilled Fruit, 8 oz. Milk</p>	<p align="center">20</p> <p><b>French Toast Sticks or Mini Pancakes with Sausage</b>  <i>Alt 1: Grilled Cheese on WW Bread</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">21</p> <p><b>Chicken Nuggets/WW Bread BBQ Sauce Dip</b>  <i>Alt 1: Yogurt, Cheese &amp; Breadstick</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>½ cup Sweet Potatoes</b>  <b>½ cup Green Beans</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">22</p> <p><b>French Toast Sticks or Mini Pancakes with Sausage</b>  <i>Alt 1: Grilled Cheese on WW Bread</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p align="center">23</p> <p><b>Winter Recess Dec. 23 through Jan. 2</b></p> 

Romaine Salad Offered Daily with all Lunches

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Menu Subject to Change



**Port Jervis City School District**  
**December 2016**  
**Port Jervis Middle School Lunch Menu**



**Breakfast Served Daily**  
 Breakfast Sandwich on Muffin or Roll  
 Choice of Cereal with ½ Bagel, WW Bagel  
**With**  
 ½ c. 100% Juice, ½ c. Fruit and 8 oz. Milk

<p><b>All our Meals Include:</b></p> <ul style="list-style-type: none"> <li>● ½ cup Fresh or Canned Fruit</li> <li>● ½ pint of Milk. Choice of 1% unflavored or Fat-Free Chocolate or Strawberry or Vanilla Milk</li> <li>● Whole Grain Bread, Rolls, Buns &amp; Rice</li> </ul>				<p><b>1</b>  <b>Pizzeria Style Cheese Pizza or Pepperoni Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots Sticks &amp; Dip</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>2</b>  <b>Nacho Chips, &amp; Taco Meat, Shredded Cheese, Romaine &amp; Tomato, ½ c Brown Rice</b>  <i>Alt 1: Grilled Cheese on WW</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ c. Black Beans; ½ c Corn</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>
<p><b>5</b>  <b>Buffalo Chicken Nuggets or Chicken Nuggets</b>          ½ cup Brown Rice  <i>Alt 1: Chicken Wrap WW Wrap</i>  <i>Alt 2: Tuna Salad/WW Roll</i>  <b>½ c. Celery &amp; Carrot Sticks</b>  <b>½ cup Mixed Veg</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>6</b>  <b>Hamburger/Cheeseburger on WW Bun</b>  <i>Alt 1: Chicken Patty on WW Bun</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>½ cup Baked Beans</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>7</b>  <b>French Toast Sticks or Mini Pancakes Dipping Syrup with Sausage</b>  <i>Alt 1: Lasagna Roll-up</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>8</b>  <b>Pizzeria Style Cheese Pizza</b>  <i>Alt 1: Yogurt, Cheese &amp; Breadstick</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots</b>          ½ cup Chilled Fruit          8 oz. Milk</p>	<p><b>9</b>  <b>Italian Dunkers</b>  <b>½ cup Marinara Dip</b>  <i>Alt 1: Grilled Cheese Sand.</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ cup Broccoli</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	
<p><b>12</b>  <b>Hamburger/Cheeseburger on WW Bun</b>  <i>Alt 1: Chicken Patty on WW Bun</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>13</b>  <b>Nacho Chips &amp; Taco Meat Shredded Cheese. Romaine &amp; Tomato, ½ c Brown Rice</b>  <i>Alt 1: Grilled Cheese Sand.</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ cup Seasoned Black Beans</b>          ½ cup Chilled Fruit, 8 oz.</p>	<p><b>14</b>  <b>Roast Chicken/Gravy</b>          ½ c Whipped Potatoes,          ½ c Corn          Fruit Cobbler/Whip Topping          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>15</b>  <b>Pizzeria Style Cheese Pizza or Pepperoni Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>16</b>  <b>Baked Italian Pasta with Cheese &amp; WW Garlic Bread</b>  <i>Alt 1: Chicken Wrap WW Wrap</i>  <i>Alt 2: Tuna Salad/WW Roll</i>  <b>½ cup Broccoli</b>  <b>1 cup Romaine Salad</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	
<p><b>19</b>  <b>Nathans All Beef Hot Dog on WW Bun</b>  <i>Alt 1: Hamburger on WW Bun</i>  <i>Alt 2: Ham Sandwich on WW</i>  <b>½ c Baked Beans</b>  <b>½ Potato Wedges</b>          ½ c Chilled Fruit, 8 oz. Milk</p>	<p><b>20</b>  <b>French Toast Sticks or Mini Pancakes with Sausage</b>  <i>Alt 1: Grilled Cheese on WW Bread</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>21</b>  <b>Chicken Nuggets/WW Bread BBQ Sauce Dip</b>  <i>Alt 1: Yogurt, Cheese &amp; Breadstick</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>½ cup Sweet Potatoes</b>  <b>½ c Green Beans</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>22</b>  <b>French Toast Sticks or Mini Pancakes with Sausage</b>  <i>Alt 1: Grilled Cheese on WW Bread</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p><b>23 Winter Recess</b>  <b>Dec. 23 through Jan. 2</b></p>	

Romaine Salad Offered Daily with all Lunches

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Menu Subject to Change



Port Jervis City School District  
**December 2016**  
 Port Jervis High School Lunch Menu



**Breakfast Served Daily**  
 Breakfast Sandwich on Muffin or Roll  
 Choice of Cereal with ½ Bagel, WW Bagel  
**With**  
 ½ c. 100% Juice, ½ c. Fruit and 8 oz. Milk

**All our Meals Include:**

- 1 cup Fresh or Canned Fruit (2 Servings, ½ c each )
- ½ pint of Milk. Choice of 1% unflavored or Fat-Free Chocolate or Strawberry or Vanilla Milk
- Whole Grain Bread, Rolls, Buns & Rice

			<p>1  <b>Pizzeria Special Topping BBQ Chicken or Cheese Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots Sticks &amp; Dip</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>2  <b>Nacho Chips, &amp; Taco Meat, Shredded Cheese, Romaine &amp; Tomato, ½ c Brown Rice</b>  <i>Alt 1: Grilled Cheese on WW</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ c. Black Beans; ½ c Corn</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>5  <b>Buffalo Chicken Nuggets or Chicken Nuggets</b>          ½ cup Brown Rice  <i>Alt 1: Chicken Wrap WW Wrap</i>  <i>Alt 2: Tuna Salad/WW Roll</i>  <b>½ c. Celery &amp; Carrot Sticks</b>  <b>½ cup Mixed Veg</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>6  <b>Hamburger/Cheeseburger on WW Bun</b>  <i>Alt 1: Chicken Patty on WW Bun</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>½ cup Baked Beans</b>  <b>½ c Oven Fries</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7  <b>French Toast Sticks or Mini Pancakes Dipping Syrup with Sausage</b>  <i>Alt 1: Lasagna Roll-up</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Potato Rounds</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>8  <b>Pizzeria Special Topping - Bacon or Cheese Pizza</b>  <i>Alt 1: Yogurt, Cheese &amp; Breadstick</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots</b>          2 servings ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>9  <b>Italian Dunkers</b>  <b>½ cup Marinara Dip</b>  <i>Alt 1: Grilled Cheese Sand.</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ cup Broccoli</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>12  <b>Hamburger/Cheeseburger on WW Bun</b>  <i>Alt 1: Chicken Patty on WW Bun</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ c Oven Fries</b>          2 servings - ½ cup Chilled Fruit 8 oz. Milk</p>	<p>13  <b>Nacho Chips &amp; Taco Meat Shredded Cheese. Romaine &amp; Tomato, ½ c Brown Rice</b>  <i>Alt 1: Grilled Cheese Sand.</i>  <i>Alt 2: It Combo WW Hero</i>  <b>½ cup Seasoned Black Beans &amp; Corn</b>          2 servings -½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14  <b>Roast Chicken/Gravy</b>  <b>½ c Whipped Potatoes,</b>  <b>½ c Corn</b>          ¼ c Cranberry Sauce          Fruit Cobbler/Whip Topping          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>15  <b>Pizzeria Special Topping – Mushrooms or Cheese Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>16  <b>Baked Italian Pasta with Cheese &amp; WW Garlic Bread</b>  <i>Alt 1: Chicken Wrap WW Wrap</i>  <i>Alt 2: Tuna Salad/WW Roll</i>  <b>½ cup Broccoli</b>  <b>1 cup Romaine Salad</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>19  <b>Nathans All Beef Hot Dog on WW Bun</b>  <i>Alt 1: Hamburger on WW Bun</i>  <i>Alt 2: Ham Sandwich on WW</i>  <b>½ c Baked Beans</b>  <b>½ Potato Wedges</b>          ½ c Chilled Fruit, 8 oz. Milk</p>	<p>20  <b>Chicken Alfredo with Penne Garlic Bread</b>  <i>Alt 1: Grilled Cheese on WW Bread</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Green Beans</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>21  <b>Chicken Nuggets/WW Bread BBQ Sauce Dip</b>  <i>Alt 1: Yogurt, Cheese &amp; Breadstick</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>½ cup Sweet Potatoes</b>  <b>½ cup Green Beans</b>          ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>22  <b>Pizzeria Special Topping Buffalo Chicken or Cheese Pizza</b>  <i>Alt 1: Yogurt, Cheese Lunch</i>  <i>Alt 2: Turkey &amp; Cheese Hero</i>  <b>1 cup Romaine Salad</b>  <b>½ cup Carrots Sticks &amp; Dip</b>          2 servings- ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>23  <b>Winter Recess</b>  <b>Dec. 23 through Jan. 2</b>  </p>

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