

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

**Port Jervis City School District
October 2016
Elementary School Lunch Menu
All Meals include a choice of Fruit & ½ pt. of Milk**

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

<p>3 Baked Macaroni & Cheese & WW Roll Alt 1: Chicken Wrap WW Wrap Alt 2: Tuna Salad/WW Roll ½ cup Broccoli 1 cup Romaine Salad ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>4 Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>5 Deli Turkey Wrap with Bacon & Shredded Cheddar Cheese Alt 1: Hamburger on Bun Alt 2: Tuna/ WW Roll ½ c. Sweet Potato Rounds ½ cup Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>6 Pizzeria Style Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice Alt 1: Grilled Cheese on WW Alt 2:It Combo WW Hero ½ c. Black Beans; ½ c Corn ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>10  Columbus Day Schools Closed</p>	<p>11 Chicken Nuggets, Dipping Sauce Alt 1: Chicken Wrap WW Wrap Alt 2: Tuna Salad/WW Roll ½ c. Celery Sticks ½ cup Italian Mixed Veg ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>12 French Toast Sticks or Mini Pancakes Dipping Syrup with Sausage Alt 1: Grilled Cheese on WW Bread Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>13 Pizzeria Style Cheese Pizza Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14 Chicken & Cheese Quesadilla Alt 1: Hamburger on Bun Alt 2: Ham & Cheese/ WW Roll ½ Cup Salsa ½ c Corn, ½ Cup Shredded Romaine ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>17 Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>18 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato, ½ c Brown Rice Alt 1: Grilled Cheese Sand. Alt 2:It Combo WW Hero ½ cup Seasoned Black Beans ½ cup Chilled Fruit, 8 oz.</p>	<p>19 Chicken Breast Patty with BBQ on WW Roll Alt 1: Turkey Hot Dog Alt 2: Ham Sandwich on WW ½ c Italian Mixed Vegetable ½ c Chilled Fruit 8 oz. Milk</p>	<p>20 Pizzeria Style Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>21 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice Alt 1: Grilled Cheese Sand. Alt 2:It Combo WW Hero ½ cup Seasoned Black Beans ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>24 Chicken Nuggets/WW Bread BBQ Sauce Dip Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>25 Baked Macaroni & Cheese & WW Bread Alt 1: Chicken Wrap WW Wrap Alt 2: Tuna Salad/WW Roll ½ cup Italian Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>26 French Toast Sticks or Mini Pancakes with Sausage Alt 1: Grilled Cheese on WW Bread Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>27 Pizzeria Style Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28 Nathans All Beef Hot Dog on WW Bun Alt 1: Hamburger on WW Bun Alt 2: Ham Sandwich on WW ½ c Baked Beans ½ Potato Wedges ½ c Chilled Fruit, 8 oz. Milk</p>
<p>31 ½ DAY No lunch Dismissal 11:30</p>	<p> Alternate Lunch Available Daily. We offer a Hot Alternate Entrée and Assorted Sandwiches</p>			

Breakfast Served Daily

Breakfast Sandwich on English Muffin or Roll
 Choice of Cereal & Hard Cooked Egg,
 or WW Bagel or Mini Pancakes or
With
 ½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Port Jervis City School District
October 2016
Middle School Lunch Menu

All Meals include a choice of Fruit & ½ pt. of Milk

Applications for free or reduced meals
 must be sent to school each year. Please
 go to www.pjschools.org to download a
 copy of the application

<p>3 Baked Macaroni & Cheese & WW Roll <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ cup Broccoli 1 cup Romaine Salad ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>4 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>5 Turkey Snack Wrap & Ranch Dressing Bacon & Cheese <i>Alt 1: Hamburger on Bun</i> <i>Alt 2: Tuna/ WW Roll</i> ½ c. Sweet Potato Fries ½ cup Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>6 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7 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 ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>10  Columbus Day Schools Closed</p>	<p>11 Meatball Parm. Hero <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Pasta Vegetable Salad ½ cup Italian Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>12 French Toast Sticks or Mini Pancakes with Sausage <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>13 Pizzeria Style Cheese Pizza <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>17 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>18 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato , ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2:It Combo WW Hero</i> ½ cup Seasoned Black Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>19 Chicken Parm. on WW Crunchy Roll <i>Alt 1: Turkey Hot Dog</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Italian Mixed Vegetable ½ c Chilled Fruit, 8 oz. Milk</p>	<p>20 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>21 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2:It Combo WW Hero</i> ½ cup Seasoned Black Beans, ½ c Corn ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>24 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c Oven Fries ½ cup Mixed Vegetable ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>25 Steak & Cheese Philly Style <i>Alt 1: Chicken Ranch Wrap</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Sweet Potato Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>26 Italian Hero (Turkey Salami, Ham, Pepperoni & Italian Cheese) <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Pasta Vegetable Salad ½ cup Italian Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>27 Personal Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28 Nathans All Beef Hot Dog on WW Bun <i>Alt 1: Hamburger on WW Bun</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Baked Beans ½ Potato Wedges ½ c Chilled Fruit, 8 oz. Milk</p>
<p>31 ½ Day No Lunch Dismissal 10:30</p>	<p>Alternate Lunch Available Daily. We offer a hot alternate and a cold alternate each day as well as Assorted Hero; PBJ Sandwich; Am. Cheese Sandwich. 4x6 Plain Cheese Pizza</p>	<p>Salad Bar Lunch with Protein Offered Daily as a lunch Choice Small Side Salad Offered Daily with purchase of Lunch.</p>		

Romaine Salad Offered Daily with all Lunches

This institution is an equal opportunity provider and employer

Menu Subject to Change

Breakfast Served Daily

Breakfast Sandwich on English Muffin or Roll
Choice of Cereal & Hard Cooked Egg,
or WW Bagel or Mini Pancakes or



With

½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Port Jervis City School District October 2015 High School Menu

Applications for free or reduced meals
must be sent to school each year. Please
go to www.pjschools.org to download a
copy of the application

All Meals include a choice of 1 cup of Fruit & ½ pt. of Milk

<p>3 Baked Macaroni & Cheese WW Roll <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ cup Broccoli 1 cup Romaine Salad 2 portions of ½ cup Fruit; 8 oz. Milk</p>	<p>4 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries 2 portions of ½ cup Fruit, 8 oz. Milk</p>	<p>5 Turkey Wrap & Ranch Dressing, Bacon & Cheese <i>Alt 1: Hamburger on Bun</i> <i>Alt 2: Tuna/ WW Roll</i> ½ c. Sweet Potato Fries ½ cup Mixed Vegetables 2 portions of ½ cup Fruit, 8 oz. Milk</p>	<p>6 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots 2 portions of ½ cup Fruit, 8 oz. Milk</p>	<p>7 Nacho Chips, & Taco Meat, Shredded Cheese, OR TACOS 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 2 portions of ½ cup Fruit, 8 oz. Milk</p>
<p>10  Columbus Day Schools Closed</p>	<p>11 Meatball Parm. Hero <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Pasta Vegetable Salad ½ cup Italian Mixed Vegetables 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>12 French Toast Sticks or Mini Pancakes with Sausage <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>13 Pizzeria Style Cheese Pizza <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14 Chicken Nuggets/WW Bread or Chicken Patty on Bun <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>17 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>18 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ cup Seasoned Black Beans 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>19 Chicken Parm. on WW Roll <i>Alt 1: Chicken Teriyaki Rice Bowl</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Italian Mixed Vegetable 2 portions of ½ c Chilled Fruit, 8 oz. Milk</p>	<p>20 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>21 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ cup Seasoned Black Beans 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>24 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>25 Italian Hero (Turkey Salami, Ham, Pepperoni & Italian Cheese) <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Pasta Vegetable Salad ½ cup Italian vegetables 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>26 Steak & Cheese Philly Style <i>Alt 1: Chicken Ranch Wrap</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>27 Personal Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots 2 portions of ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28 Nathans All Beef Hot Dog on WW Bun <i>Alt 1: Hamburger on WW Bun</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Baked Beans ½ Potato Wedges ½ c Chilled Fruit, 8 oz. Milk</p>
<p>31 ½ day No Lunch Dismissal 10:30</p>	<p>Alternate Lunch Available Daily. We offer a hot alternate and a cold alternate each day as well as Assorted Hero; PBJ Sandwich; Am. Cheese Sandwich. 4x6 Plain Cheese Pizza</p>	<p>Salad Bar Lunch with Protein Offered Daily as a lunch Choice Small Side Salad Offered Daily with purchase of Lunch.</p>	<p style="text-align: center;"></p>	

Romaine Salad Offered Daily with all Lunches

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Menu Subject to Change