


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

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

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

<p>Meal Prices 2016-17 ASK & HBE Breakfast \$1.25 Lunch \$2.40 ----- PJMS & PJHS Breakfast \$1.70 Lunch \$2.80</p>	<p>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>	<p>We offer a hot alternate and a cold alternate each day as well as PBJ Sandwich and Am. Cheese Sandwich</p>	<p>1 We try to have all choices available to all students at all times. However, there may be occasions when choices may be limited.</p>	<p>2 </p>
<p>5  Schools Closed</p>	<p>6 Chicken Nuggets WW Bread Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ cup Whipped Potatoes, ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7 Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Sweet Potato Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>8 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>9 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>12 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>13 French Toast Sticks or 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>14 Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Potato Puffs ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>15 Cheese Pizza or Pepperoni 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>16 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>19 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>20 Chicken Taco (Soft WG Shell) 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>21 Nathans All Beef Hot Dog on WW Bun Alt 1: Hamburger on WW Bun Alt 2: Ham Sandwich on WW ½ c Italian Mixed Vegetable ½ c Chilled Fruit, 8 oz. Milk</p>	<p>22 Cheese Pizza or Pepperoni 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>23 French Toast Sticks 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>26 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>27 Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Wrap WW Wrap Alt 2: Tuna Salad/WW Roll ½ c. Pasta Vegetable Salad ½ cup Italian ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28 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>29 Nathans All Beef Hot Dog on WW Bun Alt 1: Hamburger on WW Bun Alt 2: Ham Sandwich on WW ½ c Italian Mixed Vegetable ½ c Chilled Fruit, 8 oz. Milk</p>	<p>30 Chicken Taco (Soft WG Shell) 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>

Romaine Salad Offered Daily with all Lunches

This institution is an equal opportunity provider and employer

Menu Subject to Change

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

Port Jervis City School District
September 2016
Middle School Lunch 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

<p>Meal Prices 2015-16</p> <p>ASK & HBE</p> <p>Breakfast \$1.25 Lunch \$2.40</p> <p>-----</p> <p>PJMS & PJHS</p> <p>Breakfast \$1.70 Lunch \$2.80</p>		<p>Salad Bar Lunch with Protein Offered Daily as a lunch Choice</p> <p>Small Side Salad Offered Daily with purchase of Lunch.</p>	<p>1 Alternate Lunch Available Daily.</p> <p>We offer a hot alternate and a cold alternate each day as well as</p> <p>Assorted Hero; PBJ Sandwich; Am. Cheese Sandwich. 4x6 Plain Cheese Pizza</p>	<p>2 We try to have all choices available to all students at all times.</p> <p>However, there may be occasions when choices may be limited.</p>
<p>5</p>  <p>Schools Closed</p>	<p>6</p> <p>Buffalo Chicken Nuggets or Chicken Nuggets WW Bread Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ cup Whipped Potatoes, ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7</p> <p>Hamburger on WW Bun Choice of Bacon & Cheese Alt 1: Ham&Cheese Melt on Roll Alt 2: Tuna/ WW Roll ½ c. Sweet Potato Fries ½ cup Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>8</p> <p>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>9</p> <p>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>12</p> <p>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>13</p> <p>Italian Baked Pasta with 3 Cheeses & Meatballs Alt 1: Meatball Parm WW Hero Alt 2: Tuna Salad/WW Roll ½ c. Broccoli ½ cup Italian Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14</p> <p>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>15</p> <p>Cheese Pizza or Buffalo 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>16</p> <p>Steak & Cheese Philly Style Alt 1: Chicken Ranch Wrap Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>19</p> <p>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>20</p> <p>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>21</p> <p>Chicken Parm. 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>22</p> <p>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>23</p> <p>Sweet & Sour Chicken over Brown Rice Alt 1: Meatball Parm WW Hero Alt 2: Tuna Salad/WW Roll ½ c. Broccoli ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>26</p> <p>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>27</p> <p>Italian Baked Pasta with 3 Cheeses & Meatballs Alt 1: Ham&Cheese Melt on Roll Alt 2: Tuna Salad/WW Roll ½ c. Broccoli ½ cup Italian Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28</p> <p>Steak & Cheese Philly Style Alt 1: Chicken Ranch Wrap Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>29</p> <p>Cheese Pizza or BBQ Chicken 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>30</p> <p>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>

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, Choice of Cereal & Graham Crackers, Mini Muffins or WW Bagel or Mini Pancakes or
With
 ½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Port Jervis City School District
September 2016
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

<p>Meal Prices 2015-16 ASK & HBE Breakfast \$1.25 Lunch \$2.40 ----- PJMS & PJHS Breakfast \$1.70 Lunch \$2.80</p>		<p>Salad Bar Lunch with Protein Offered Daily as a lunch Choice Small Side Salad Offered Daily with purchase of Lunch.</p>	<p>1 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>2 We try to have all choices available to all students at all times. However, there may be occasions when choices may be limited.</p>
<p>5  Schools Closed</p>	<p>6 Buffalo Chicken Nuggets or Chicken Nuggets WW Bread Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ c. Whipped Potatoes, ½ cup Carrots 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>7 Hamburger on WW Bun Choice of Bacon & Cheese Alt 1: Ham&Cheese Melt on Roll Alt 2: Tuna/ WW Roll ½ c. Sweet Potato Fries ½ cup Mixed Vegetables 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>8 Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots 1 c. Chilled Fruit, 8 oz. Milk</p>	<p>9 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 1 cup Chilled Fruit, 8 oz. Milk</p>
<p>12 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 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>13 Italian Baked Pasta with 3 Cheeses & Meatballs Alt 1: Ham&Cheese Melt on Roll Alt 2: Tuna Salad/WW Roll ½ c. Broccoli ½ cup Italian Mixed Vegetables 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>14 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 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>15 Cheese Pizza or Buffalo Pizza Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>16 Steak & Cheese Philly Style Alt 1: Chicken Ranch Wrap Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries 1 cup Chilled Fruit, 8 oz. Milk</p>
<p>19 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 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>20 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 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>21 Chicken Parm. on WW Roll Alt 1: Turkey Hot Dog Alt 2: Ham Sandwich on WW ½ c Italian Mixed Vegetable 1 c Chilled Fruit, 8 oz. Milk</p>	<p>22 Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>23 Sweet & Sour Chicken over Brown Rice Alt 1: Meatball Parm WW Hero Alt 2: Tuna Salad/WW Roll ½ c. Broccoli 1 cup Chilled Fruit, 8 oz. Milk</p>
<p>26 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 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>27 Italian Baked Pasta with 3 Cheeses & Meatballs Alt 1: Ham&Cheese Melt on Roll Alt 2: Tuna Salad/WW Roll ½ c. Broccoli ½ cup Italian Mixed Vegetables ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28 Steak & Cheese Philly Style Alt 1: Chicken Ranch Wrap Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>29 Cheese Pizza or BBQ Chicken Pizza Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots 1 cup Chilled Fruit, 8 oz. Milk</p>	<p>30 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 1 cup Chilled Fruit, 8 oz. Milk</p>

Romaine Salad Offered Daily with all Lunches

This institution is an equal opportunity provider and employer

Menu Subject to Change