



**Jericho
Public
Schools**



January 2023

Jericho High School/Middle School

LUNCH MENU

Available Daily

- Burrito Bar
- Hummus w/pita & veggies
- Ham(p) , Tuna or Turkey and Cheese Sandwich
- Bagel w/ String Cheese
- Assorted entrée salads served with a WG dinner roll(s).
- Cheese(V) or Pepperoni Pizza Slice
- Grilled Cheese
- Hamburger or Cheeseburger
- Spicy Chicken Patty on a WG roll

Student Lunch Price:
\$3.15

All Lunches
Must Include
Choice of:
Fruit and/or
Vegetable
And May
Include:
1% Low-Fat
Milk

**Powering
potential.**

MON	TUES	WED	THURS	FRI
<p>² Schools Closed - HAPPY NEW YEAR - 2023</p>	<p>³ WG Breaded Chicken Tenders w/ w/ dipping sauce and Brown Rice Roasted Broccoli Mandarin Oranges Chilled Milk</p>	<p>⁴ Brunch For Lunch WG Dutch Waffle w/ chicken sausage Dried Fruit Mix, Cucumber Coins Chilled Milk</p>	<p>⁵ Meatball Parmesan on WG Hero Roll Roasted Brussel Sprouts Strawberry Cup Chickpea Salad Chilled Milk</p>	<p>⁶ WG Cheesy Pizza Sticks Zesty Tomato Salad Baby Carrots Fresh Pear Chilled Milk</p>
<p>⁹ WG Grilled Cheese served w/ Tomato Soup Banana Baked Sweet Potato Fries Chilled Milk</p>	<p>¹⁰ Taco Tuesday Beef Totcho Bowl Tater tots topped w/ beef taco meat, cheese, lettuce, and salsa Apple Slices Black Beans Chilled Milk</p>	<p>¹¹ Baked Ziti (w/mozzarella, ricotta & tomato sauce) Steamed Broccoli Grape Tomatoes Fresh Grapes Chilled Milk</p>	<p>¹² Buffalo Chicken Bites w/WG Dinner Roll Roasted Zucchini Applesauce Cup Celery Chilled Milk</p>	<p>¹³ WG Breaded Pizza Crunchers Kale Salad Baby Carrots Mandarin Orange Chilled Milk</p>
<p>¹⁶ Schools Closed Martin Luther King Jr. Day Observed</p>	<p>¹⁷ Bacon Cheeseburger(P) on WG Bun Vegetarian Beans Applesauce Cup Mandarin Oranges Chilled Milk</p>	<p>¹⁸ Brunch For Lunch WG Pancakes w/ chicken sausage Hash Brown Patty Steamed Green Beans Apple Slices Chilled Milk</p>	<p>¹⁹ WG Penne Pasta with Beef Meat Sauce or Marinara Sauce Roasted Broccoli Cucumber Coins Strawberry Cup Chilled Milk</p>	<p>²⁰ WG Cheesy Pizza Sticks Zesty Tomato Salad Roasted Carrots Fresh Pear Chilled Milk</p>
<p>²³ WG Breaded Chicken Tenders w/ dipping sauces & WG Dinner Roll Sweet Corn Fresh Apple Chilled Milk</p>	<p>²⁴ Taco Tuesday Beef Nachos Tostitos with beef taco meat, cheese and salsa Kickin' Black Beans Mandarin Oranges Chilled Milk</p>	<p>²⁵ General Tso's Chicken over Brown Rice Steamed Broccoli Grape Tomatoes Fresh Grapes Chilled Milk</p>	<p>²⁶ Homemade Macaroni and Cheese Roasted Brussel Sprouts Dried Fruit Mix, Apple Slices Chilled Milk</p>	<p>²⁷ Baked Mozzarella Sticks w/ Marinara Sauce Kale Salad Fresh Pear Chilled Milk</p>
<p>³⁰ Spicy Chicken Sandwich on WG Bun Baked Tater Tot Banana Sauteed Spinach Chilled Milk</p>	<p>³¹ Chicken Fajita Bowl chicken, cheese & rice Black Beans Red Pepper Strips Apple Slices Chilled Milk</p>			

Menus are subject to change.

Available Daily:

Assorted Fruits/Vegetables Apples, Oranges, Fruit Cups, baby carrots and celery sticks offered daily.
Assorted Drinks: 100%Apple Juice, 100% Tropical Punch, 1% White, Fat-Free White & Fat-Free Chocolate Milks
Items with a (P) may contain pork
WG denotes Whole grain rich products

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STUDENT
NUTRITION

This institution is an equal
opportunity provider

