



**Jericho
Public
Schools**



March 2023

Highs School/Middle School Lunch Menu

MON

TUES

WED

THURS

FRI

Available Daily

- Burritos
- Hummus w/pita & asst. fresh veggies
- Yogurt Parfait w/ granola & fruit
- Ham(p) , Tuna or Turkey & Cheese Sandwich/Wrap
- Bagel w/2 String Cheese
- Assorted entrée salads served with a WG dinner roll(s).
- Cheese(V) or Specialty Pizza Slice
- Grilled Cheese
- Hamburger or Cheeseburger
- Spicy Chicken Patty

**Student Lunch Price:
\$3.15**

**Powering
potential.™**

		WG Pancakes w/ syrup ¹ Chicken Sausage Patties Cucumber Salad Fresh Orange Chilled Milk	Homemade Mac & Cheese ² served w/ a WG Dinner Roll Roasted Broccoli Fresh Apple Chilled Milk	WG Mozzarella Sticks ³ with Marinara Sauce Kale Salad Fresh Pear Chilled Milk
Grilled Cheese served with ⁶ Tomato Soup Sweet Corn Fresh Apple Chilled Milk	General Tso's Chicken served ⁷ w/ Jasmine Rice Steamed Broccoli Fresh Orange Chilled Milk	WG Dutch Waffle served ⁸ with Egg Patties Potato Wedges Apple Slices Chilled Milk	Meatball Parm on WG Hero ⁹ with melted mozzarella Roasted Zucchini Mandarin Orange Chilled Milk	WG Breaded Pizza Crunchers ¹⁰ Garden Salad Fresh Pear Chilled Milk
Sloppy Joes on WG Bun ¹³ Seasoned Curly Fries Fresh Banana Chilled Milk	Chicken or Cheese(V) ¹⁴ Quesadilla(chicken & cheese or cheese only on WG tortilla) Kickin' Pinto Beans Fresh Orange Chilled Milk	WG Waffles w/ syrup ¹⁵ Chicken Sausage Pattie Steamed Green Beans Apple Slices Chilled Milk	Baked Chicken Drumstick w/ ¹⁶ Mashed Potatoes Grape Tomatoes Fresh Apple Chilled Milk	WG Pizza Sticks ¹⁷ with Marinara Sauce Garden Salad Fresh Pear Chilled Milk
Turkey Hot Dog ²⁰ Sweet Corn Grape Tomatoes Fresh Apple Chilled Milk	Soft Beef Tacos ²¹ with cheddar cheese, shredded lettuce, & salsa Black Beans Apple Slices Chilled Milk	WG Pancakes w/ syrup ²² Egg Patties Cucumber Salad Fresh Orange Chilled Milk	WG Penne Pasta with ²³ Beef Meat Sauce or Marinara(V) and WG Roll Roasted Broccoli, Peach Cup Chilled Milk	Pizza Bagels ²⁴ Kale Salad Fresh Pear Chilled Milk
WG Buffalo or Plain Chicken ²⁷ Tenders w/ WG Dinner Roll Vegetarian Beans Fresh Banana Chilled Milk	Bacon Cheeseburger(P) or ²⁸ Veggie Patty(V) on WG Bun Corn on the Cob Apple Slices Chilled Milk	WG Dutch Waffle ²⁹ served w/ Chicken Sausage Patties Celery Sticks Fresh Orange Chilled Milk	Homemade Mac & Cheese ³⁰ Served w/ a WG Dinner Roll Roasted Zucchini Fresh Apple Chilled Milk	WG Breaded Pizza Crunchers ³¹ Zesty Tomato Salad Fresh Pear Chilled Milk

Menus are subject to change.

Available Daily:

Assorted Fruits/Vegetables: Apples, Oranges, Baby Carrots and Celery Sticks
Assorted Drinks: 100% Apple Juice, 100% Tropical Punch, 1% White Milk, Fat-Free White Milk & Fat-Free Choc Milk
Items with a (P) contain pork
Items with a (V) are vegetarian
WG denotes Whole Grain rich products

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

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STUDENT
NUTRITION

This institution is an equal
opportunity provider