



**Jericho
Public
Schools**



September 2023

Jericho High School/Middle School Lunch Menu

MON	TUES	WED	THURS	FRI
	August 30th Breaded Chicken Tenders with dipping sauces Steamed Green Beans Honeydew Melon		August 31st Homemade Mac & Cheese With WG Dinner Roll Cherry Tomatoes Grapefruit	
	Schools Closed ⁴	Grilled 3 Cheese Sandwich (cheddar, american & swiss) Roasted Broccoli Cucumber Coins Apple Slices	WG Dutch Waffle ⁶ Chicken Sausage Patties Hash Brown Rounds Cherry Tomatoes Watermelon	Meatball(B) Hero with melted mozzarella Roasted Cauliflower Three Bean Salad Grapes
Breaded Chicken Bites ¹¹ Vegetarian Baked Beans Baked Crinkle Cut Fries Canteloupe	General Tso's Chicken ¹² Fluffy Brown Rice Steamed Broccoli Blueberry Cup	WG Cinnamon French Toast ¹³ Sticks w/ syrup Egg Patties Baked Tater Tots Strawberries	Penne Pasta with Homemade Meat(B) Sauce or Marinara(V) ¹⁴ Steamed Zucchini Mandarin Oranges	Homemade Pizza Bagels ¹⁵ Kale Salad Apple Slices
National Cheeseburger Day Bacon(P) Cheeseburger or Veggie Burger (with lettuce, tomato, pickles and onion) Sweet Corn and Apple Slices	Chicken Fajitas ¹⁹ (with peppers, onions, salsa, sour cream & WG tortilla) Kickin Pinto Beans Watermelon	WG Pancakes ²⁰ Chicken Sausage Patties Cinnamon Sweet Potatoes Cherry Tomatoes Grapes	Homemade Mac & Cheese ²¹ with WG Dinner Roll Steamed Green Beans Grapefruit	Mini Chicken Corn Dogs ²² Romaine Caesar Salad Anjou Pear
Schools Closed ²⁵	Chili Lime Popcorn Chicken ²⁶ served with LoMein Edamame Peach Cup	WG Dutch Waffle ²⁷ Egg Patties Hash Brown Rounds Cucumber Coins Strawberries	Disco Fries *new* ²⁸ (beef crumbles, cheddar cheese & gravy over baked crinkle fries) Cherry Tomatoes Honeydew Melon	Max Pizza Sticks ²⁹ with marinara sauce Spinach Salad Orange Wedges

Daily Lunch Offerings:

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

Student Lunch \$3.15

Adult Lunch \$5.50

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Daily Offerings:

Fruits/Vegetables: Apples, Oranges, Pears
 Baby Carrots and Celery Sticks
 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 (B) contain beef. Items with a (V) are vegetarian.

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



This institution is an equal opportunity provider
Menus are subject to change.