



**Jericho
Public
Schools**



September 2023

Jericho High School/Middle School Lunch Menu


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

**Powering
potential.™**

| MON | TUES | WED | THURS | FRI |
|---|---|--|--|---|
|  <p>Schools Closed ⁴</p> | 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 | |
| | Grilled 3 Cheese Sandwich (cheddar, american & swiss) Roasted Broccoli Cucumber Coins Apple Slices | WG Dutch Waffle Chicken Sausage Patties Hash Brown Rounds Cherry Tomatoes Watermelon | Meatball(B) Hero with melted mozzarella Roasted Cauliflower Three Bean Salad Grapes | Max Pizza Sticks ¹ with marinara sauce Romaine Salad Apple Slices |
| | 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 |
| | 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 |
| | 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 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

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 STUDENT
 NUTRITION

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

