



November 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), Pepperoni(P) 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
LTO Spicy Tzatziki Beef Gyro (Flatbread topped with hash brown cubes Greek inspired beef crumbles, tomato & cucumber salad w/ a drizzle of spicy tzatziki sauce) LTO = Limited Time Offering		WG Dutch Waffle ¹ Sausage Patties Baked Tater Tots Strawberries	Max Pizza Sticks Served w ² Marinara Sauce Baked Beans Red Pepper Strips Honeydew Melon	National Sandwich Day ³ Pulled Pork(P) Sandwich or Veggie Burger Sweet Potato Fries & Coleslaw Orange Wedges
⁶ Bacon(P) Cheeseburger or Veggie Burger (V) Romaine Caesar Salad Apple Slices	National Nachos Day ⁷ Tater Tot Chicken or Bean(V) Nachos (tater tots topped w/ chicken & cheddar cheese) Kickin Pinto Beans Cantaloupe	⁸ Egg Roll in a Bowl (shredded cabbage, carrots, chicken strips, duck sauce & tortilla strips served over rice) Glazed Carrots Red Grapes	⁹ Homemade Mac & Cheese with WG Pretzel Rod Roasted Brussel Sprouts Grapefruit	¹⁰ Schools Closed
¹³ Grilled 3 Cheese Sandwich (cheddar,american & swiss) Baked Curly Fries Apple Slices	¹⁴ *LTO* General Tso's Chicken Fluffy Brown Rice Steamed Broccoli Orange Wedges	¹⁵ *LTO* WG Pancakes Egg Patties Tomato Cucumber Salad Green Grapes	¹⁶ *LTO* Meatball (B) Hero with melted mozzarella Roasted Cauliflower Fresh Pear	¹⁷ *LTO* Breaded Mozzarella Sticks with marinara sauce Chickpea Salad Honeydew Melon
²⁰ WG Dutch Waffle Chicken Sausage Patties Roasted Broccoli Apple Slices	²¹ Mini Chicken Corn Dogs Garlicky Green Beans Baby Carrots Watermelon	²² Schools Closed	²³ Schools Closed	²⁴ Schools Closed
²⁷ Pepper Jack Cheeseburger (B) or Veggie Burger (V) Sweet Corn Applesauce	²⁸ National French Toast Day French Toast Sticks served w/ Cinnamon Yogurt Dipping Sauce Baked Tater Tots, Cherry Tomatoes,Canteloupe	²⁹ Waffley Wednesday Ham and Turkey Cubano Waffle Sandwich Roasted Zucchini Strawberries	³⁰ WG Penne Pasta with Homemade Meat(B) Sauce or Marinara(V) Steamed Broccoli Tangerine	

Menus are subject to change.

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 (P) contain pork. Items with (B) contain beef. Items with (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.