



**Jericho  
Public  
Schools**



**January 2024**

## Jericho High School & Middle School Lunch Menu

MON	TUES	WED	THURS	FRI
<sup>1</sup> No School	<sup>2</sup> BBQ Chicken Sandwich Baked Crinkle Fries Cucumber Slices Orange Wedges	<sup>3</sup> WG Pancakes Egg Patties Corn Cherry Tomatoes Granny Smith Apple	<sup>4</sup> <b>National Spaghetti Day</b> Spaghetti & Meatballs(B) Homemade Marinara Sauce Steamed Green Beans Grapefruit	<sup>5</sup> Burrito Bowl (Choice of chicken, rice, cheddar, salsa & sour cream) Seasoned Black Beans Apple Slices
<sup>8</sup> Cheddar Flatbread Melt Tomato Soup Cucumber Slices Apple Slices	<sup>9</sup> Egg Roll in a Bowl (shredded cabbage, carrots, chicken strips, duck sauce & tortilla strips served over rice) Steamed Edamame Peach Cup	<sup>10</sup> WG Dutch Waffle Chicken Sausage Patties Baked Tater Tots Granny Smith Apple	<sup>11</sup> <b>National Milk Day</b> Homemade Mac & Cheese Roasted Cauliflower Cherry Tomatoes Honeydew Melon	<sup>12</sup> Pulled Pork(P) Sandwich or Veggie Burger Sweet Potato Fries & Coleslaw Orange Wedges
<sup>15</sup> No School	<sup>16</sup> Bacon Cheeseburger(P) or Veggie Burger(V) Baked Curly Fries Cucumber Slices Grapefruit	<sup>17</sup> WG French Toast Sticks Chicken Sausage Patties Baked Tater Tots Cherry Tomatoes, Watermelon	<sup>18</sup> Country Chicken Bowl (chicken bites, mashed potatoes cheddar cheese & gravy) Baby Carrots Anjou Pear	<sup>19</sup> Homemade Pizza Bagels Kale Salad Red Delicious Apple
<sup>22</sup> Grilled 3 Cheese Sandwich (cheddar, american & swiss) Baked Curly Fries Apple Slices	<sup>23</sup> Egg Roll in a Bowl (shredded cabbage, carrots, chicken strips, duck sauce & tortilla strips served over rice) Steamed Edamame Orange Wedges	<sup>24</sup> WG Pancakes with Syrup Egg Patties Baked Tater Tots Red Pepper Strips Green Grapes	<sup>25</sup> WG Penne Pasta with Homemade Meat(B) Sauce or Marinara(V) Roasted Broccoli Tangerine	<sup>26</sup> Chipotle BBQ Chicken Meatball Flatbread Steamed Green Beans Red Delicious Apple
<sup>29</sup> Max Pizza Sticks with Marinara Sauce Garbanzo Bean Salad Baby Carrots Red Delicious Apple	<sup>30</sup> Meatball (B) Hero with melted mozzarella Roasted Cauliflower Honeydew Melon	<sup>31</sup> WG Dutch Waffle Chicken Sausage Patties Baked Tater Tots Cherry Tomatoes, Granny Smith Apple		

**Menus are subject to change.**

### Available Daily:

Fresh Fruits & Vegetables: Apples, Oranges, Pears, Baby Carrots & 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 (B) contain beef.  
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.

