



# JFK & WOE 2023~2024 Lunch Menu

Lunch Tray \$4.75



Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Dog w/ Chili Baby Carrots w/ Ranch Steamed Broccoli Mixed Fruit Mustard/Mayo/Ketchup Choice of Fat Free Milk	Pepperoni Pizza Dark Green Salad w/ Ranch Buttered Corn Fruited Jell-O Marinara Sauce Choice of Fat Free Milk	Beef Taco Pie Lettuce & Tomatoes Pinto Beans Spanish Rice Salsa Sliced Pears Choice of Fat Free Milk	Chicken Nuggets Mashed Potatoes w/ Gravy Green Beans Whole Wheat Roll Rainbow Applesauce Choice of Fat Free Milk	Grilled Chicken Burger French Fries Burger Salad Mayo/Mustard/Ketchup Fresh Fruit Choice of Fat Free Milk	August 28-Sept 1 September 25-29 October 23-26 November 14-18 December 4-8 January 9-12 February 5-8 March 4-8 April 8-11 May 6-10
Burrito w/ Chili Steamed Broccoli Mixed Vegetables Sliced Peaches Choice of Fat Free Milk	Steak Fingers w/ Gravy Mashed Potatoes Green Beans Whole Wheat Roll Mixed Fruit Choice of Fat Free Milk	Baked Ziti Dark Green Salad w/ Ranch Bean of the Week Garlic Roll Pink Applesauce Choice of Fat Free Milk	Drum Sticks Macaroni & Cheese Mixed Vegetables Whole Wheat Roll Fruited Jell-O Choice of Fat Free Milk	Cheeseburger French Fries Burger Salad Mayo/Mustard/Ketchup Fresh Fruit Choice of Fat Free Milk	September 4-8 October 2-6 October 30-Nov 3 Nov 28-Dec 2 January 15-19 February 12-16 March 18-22 April 15-19 May 13-17
Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Whole Wheat Roll Mixed Fruit Choice of Fat Free Milk	Pepperoni Pizza Dark Green Salad w/Ranch Baby Carrots w/ Ranch Green Applesauce Marinara Sauce Choice of Fat Free Milk	Chicken Fajita Flat Bread Pinto Beans Spanish Rice Lettuce & Tomato Sliced Peaches Salsa Choice of Fat Free Milk	Ham Mac & Cheese Steamed Broccoli Sliced Carrots Whole Wheat Roll Fruited Jell-O Choice of Fat Free Milk	Sloppy Joe Baked Beans Buttered Corn Fresh Fruit Choice of Fat Free Milk	September 11-15 October 10-13 November 13-17 December 11-15 January 22-26 February 20-23 March 25-28 April 22-25 May 20-24
Chicken Alfredo Steamed Broccoli Sliced Carrots Garlic Rolls Mixed Fruit Choice of Fat Free Milk	Turkey & Cheese or Ham & Cheese Sandwich Cucumbers w/ Ranch Baby Carrots w/ Ranch Fresh Fruit Choice of Fat Free Milk	Frito Pie Dark Green Salad Pinto Beans Fruit Tarts Choice of Fat Free Milk	<b>MANAGER'S SPECIAL</b>	Cheeseburger Burger Salad Tator Tots Mayo/Mustard/Ketchup Fresh Fruit Choice of Fat Free Milk	September 18-21 October 16-20 Nov 27-Dec 1 December 18-21 Jan 29-Feb 2 Feb 26-March 1 March 27-31 April 29-May 3 May 28-30

In accordance with the Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.

\*Menus are subject to change



# WOJH & WOHS 2023-2024 Lunch Menu

Lunch Tray \$4.75



Monday	Tuesday	Wednesday	Thursday	Friday	
Hot Dog w/ Chili Baby Carrots w/ Ranch Steamed Broccoli Mixed Fruit Mayo/Mustard/Ketchup Choice of Fat Free Milk	Pepperoni Pizza Dark Green Salad w/ Ranch Buttered Corn Fruited Jell-O Marinara Sauce Choice of Fat Free Milk	Beef Taco Pie Lettuce & Tomato Spanish Rice Pinto Beans Sliced Peaches Salsa Choice of Fat Free Milk	Chicken Nuggets Mashed Potatoes w/ Gravy Green Beans Whole Wheat Roll Rainbow Applesauce Choice of Fat Free Milk	Grilled Chicken Burger French Fries Burger Salad Fresh Fruit Mayo/Mustard/Ketchup Choice of Fat Free Milk	August 28-Sept 1 September 25-29 October 23-26 November 14-18 December 4-8 January 9-12 February 5-8 March 4-8 April 8-11 May 6-10
Burrito w/ Chili Mixed Vegetables Broccoli w/ Ranch Sliced Peaches Choice of Fat Free Milk	Country Fried Steak w/ Gravy Baked Potato Green Beans Whole Wheat Roll Mixed Fruit Choice of Fat Free Milk	Baked Ziti Dark Green Salad w/ Ranch Bean of the Week Corn Bread Squares Pink Applesauce Choice of Fat Free Milk	Hot Wings Baby Carrots w/ Ranch Cucumber Salad Garlic Cheese Twist Fruited Jell-O Choice of Fat Free Milk	Cheeseburger Burger Salad French Fries Mayo/Mustard/Ketchup Fresh Fruit Choice of Fat Free Milk	September 4-8 October 2-6 October 30-Nov 3 Nov 28-Dec 2 January 15-19 February 12-16 March 18-22 April 15-19 May 13-17
Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Whole Wheat Roll Mixed Fruit Choice of Fat Free Milk	Pepperoni Pizza Dark Green Salad w/ Ranch Baby Carrots w/ Ranch Green Applesauce Marinara Sauce Choice of Fat Free Milk	Chicken Fajita Flat Bread Pinto Beans Spanish Rice Lettuce & Tomato Sliced Peaches Salsa Choice of Fat Free Milk	Ham Mac & Cheese Steamed Broccoli Sliced Carrots Whole Wheat Roll Fruited Jell-O Choice of Fat Free Milk	Sloppy Joe Baked Beans Buttered Corn Fresh Fruit Choice of Fat Free Milk	September 11-15 October 10-13 November 13-17 December 11-15 January 22-26 February 20-23 March 25-28 April 22-25 May 20-24
Chicken Alfredo Steamed Broccoli Sliced Carrots Garlic Sticks Mixed Fruit Choice of Fat Free Milk	Turkey & Cheese or Ham & Cheese Sandwich Cucumbers w/ Ranch Baby Carrots w/ Ranch Fresh Fruit Choice of Fat Free Milk	Egg Roll Fried Rice Stir Fry Vegetables Fruit Tarts Soy Sauce Sweet & Sour Sauce Choice of Fat Free Milk	<b>MANAGER'S SPECIAL</b>	Cheese Burger Burger Salad French Fries Mayo/Mustard/Ketchup Fresh Fruit Choice of Fat Free Milk	September 18-21 October 16-20 Nov 27-Dec 1 December 18-21 Jan 29-Feb 2 Feb 26-March 1 March 27-31 April 29-May 3 May 28-30

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