





Port Jervis City School District
January 2017
Elementary Lunch Menu

Breakfast Served Daily
 Choice of Cereal WW Bagel or Cereal & Graham
 Crackers; or Yogurt & Cereal Mini Pancakes
With
 ½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

All Meals Include ½ cup Fresh or Canned Fruit and ½ pint of 1% Milk or Fat-Free Chocolate, Strawberry or Vanilla Milk and 1 serving of Whole Grain Breads/Grains				
2 	3 Chicken Nuggets/WW Bread ½ cup Sweet Potatoes ½ cup Green Beans <i>Hot Alt: Hot Dog on Bun</i> <i>Cold Alt: Tuna & Cheese Sand</i>	4 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c WG Rice ½ c Black Beans <i>Hot Alt: Hamburger/Bun</i> <i>Cold Alt: Yogurt & Cheese</i>	5 School Made Veg. Soup Chicken Quesadilla/Salsa ½ c Oven Fries <i>Hot Alt: Grilled Cheese WW</i> <i>Cold Alt: Turkey on WW Roll</i>	6 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots <i>Hot Alt: Chicken /Bun</i> <i>Cold Alt: Ham & Cheese /WW</i>
9 Hamburger or Cheeseburger WW Bun ½ c Oven Fries ½ cup Baked Beans <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Tuna & Cheese Sand.</i>	10 French Toast Sticks or Mini Pancakes/Sausage 1 cup Romaine Salad ½ c Oven Fries <i>Hot Alt: Grilled Cheese WW</i> <i>Cold Alt: Ham & Cheese /WW</i>	11 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Broccoli <i>Hot Alt: Hamburger/Bun</i> <i>Cold Alt: Turkey on WW Roll</i>	12 Pizzeria Style Cheese Pizza or Pepperoni Pizza 1 cup Romaine Salad ½ cup Carrots <i>Hot Alt: Hot Dog on Bun</i> <i>Cold Alt: Yogurt & Cheese</i>	13 <i>Chicken & Gravy Bowl</i> <i>(1/2 c Whipped Potato, ½ c</i> <i>Corn) WW Bread</i> <i>Hot Alt: Grilled Cheese</i> <i>Cold Alt: Bologna & Cheese</i> <i>WW</i>
16 Schools Closed Martin Luther King Jr. Birthday 	17 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice ½ cup Black Beans <i>Hot Alt: Hamburger/Bun</i> <i>Cold Alt: Turkey on WW Roll</i>	18 Pizza Bagel ½ c Broccoli ½ c Mixed Vegetables <i>Hot Alt: Cheeseburger/Bun</i> <i>Cold Alt: Yogurt & Cheese</i> 	19 Chicken Bites/WW Bread BBQ Sauce Dip ½ cup Sweet Potatoes ½ cup Green Beans <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: It Combo WW Hero</i> 	20 Pizzeria Style Cheese Pizza or Pepperoni Pizza 1 c. Romaine Salad ½ cup Baked Beans <i>Hot Alt: Hot Dog/Bun</i> <i>Cold Alt: Turkey Hero</i>
23 French Toast Sticks or Mini Pancakes/Sausage 1 cup Romaine Salad ½ c Oven Fries <i>Hot Alt: Grilled Cheese WW</i> <i>Cold Alt: Turkey on WW Roll</i>	24 All Beef Hot Dog WW Bun ½ cup Baked Beans ½ c Sweet Potatoes Fries <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Ham & Cheese /WW</i>	25 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots <i>Hot Alt: Chicken /Bun</i> <i>Cold Alt: Turkey on WW Roll</i>	26 Hamburger/Cheeseburger on WW Bun 1 cup Romaine Salad ½ c Oven Fries <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Turkey on WW Roll</i> 	27 Lasagna Roll-up with Meat Sauce & Garlic Bread ½ c Broccoli <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Yogurt & Cheese</i>
30 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Corn <i>Hot Alt: Hamburger/Bun</i> <i>Cold Alt: Yogurt & Cheese</i>	31 Philly Cheese Steak WW Bun ½ c Broccoli ½ c Oven Fries <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Turkey on WW Roll</i>	We try to have all choices available to all students at all times. However, there may be occasions when choices are limited. Romaine & Salad Bar Offered Daily with all Lunches. This institution is an equal opportunity provider and employer. Menu Subject to Change		



Port Jervis City School District
January 2017
Port Jervis Middle School Menu

Breakfast Served Daily
 Breakfast Sandwich on Muffin or Roll
 Choice of Cereal with ½ Bagel, WW Bagel
With
 ½ c. 100% Juice, ½ c. Fruit and 8 oz. Milk

All Meals Include ½ cup Fresh or Canned Fruit and ½ pint of 1% Milk or Fat-Free Chocolate, Strawberry or Vanilla Milk
 All Breads are Whole Grain

<p align="center">2</p> 	<p align="center">3</p> <p>Buffalo Chicken Wrap/Ranch ½ c Oven Potatoes ½ c Carrots <i>Alt 1: Chicken Quesadilla</i> <i>Alt 2: Bologna & Cheese Hero</i></p>	<p align="center">4</p> <p>Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice ½ cup Black Beans <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p align="center">5</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ c. Sweet Potato Fries <i>Alt 1: All Beef Hot Dog on Bun</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p align="center">6</p> <p>Macaroni & Cheese/Roll Fish Nuggets/WW Bread Tartar Sauce ½ cup Broccoli <i>Alt 1: Chicken Patty & Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i></p>
<p align="center">9</p> <p>Lasagna Roll-up 3 Cheeses Garlic Bread ½ c Marinara ½ cup Italian Vegetables <i>Alt 1: All Beef Hot Dog on Bun</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p align="center">10</p> <p>Chicken Patty on Bun BBQ Sauce Dip ½ cup Sweet Potatoes ½ c Fresh Carrots & Celery <i>Alt 1: Chicken Quesadilla</i> <i>Alt 2: Bologna & Cheese Hero</i></p>	<p align="center">11</p> <p>Chicken with Gravy Bowl (½ c Whipped Potatoes ½ c Corn, WW Dressing) 1 oz. Cranberry Sauce <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p align="center">12</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Green Beans <i>Alt 1: Hamburger on Bun</i> <i>Alt 2: Chicken Salad Hero</i></p>	<p align="center">13</p> <p>Philly Style Steak & Cheese WW Hero, Peppers & Onions ½ c Baked Beans ½ c Oven Potato Fries <i>Alt 1: Yogurt, Cheese & Breadstic</i> <i>Alt 2: Turkey & Cheese Hero</i></p>
<p align="center">16</p> <p>Schools Closed Martin Luther King Jr. Birthday</p> 	<p align="center">17</p> <p>Chicken Parm. on WW Roll Pasta with Oil & Garlic ½ c Italian Vegetable <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p align="center">18</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Green Beans <i>Alt 1: All Beef Hot Dog on Bun</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p align="center">19</p> <p>Baked Pasta ¼ c Sauce & Cheese, Garlic Bread ½ c Broccoli <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i></p>	<p align="center">20</p> <p>Turkey Cuban Panini (Turkey, Ham & Swiss Cheese) ½ c. Sweet Potato Fries ½ cup Green Beans <i>Alt 1: French Bread Pizza</i> <i>Alt 2: Turkey Hero</i></p>
<p align="center">23</p> <p>Chicken Patty on Bun BBQ Sauce Dip ½ cup Sweet Potatoes ½ c Fresh Carrots & Celery <i>Hot Alt: Grilled Cheese WW</i> <i>Cold Alt: Turkey on WW Roll</i></p>	<p align="center">24</p> <p>Philly Style Steak & Cheese WW Hero, Peppers & Onions 1 cup Romaine Salad ½ c Oven Potato Fries <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Ham & Cheese /WW</i></p>	<p align="center">25</p> <p>Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato ½ c. Black Beans; ½ c Corn <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p align="center">26</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Green Beans <i>Alt 1: Hamburger on Bun</i> <i>Alt 2: Chicken Salad Hero</i></p>	<p align="center">27</p> <p>Chicken Alfredo with Penne ½ cup Broccoli ½ c Carrots <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i></p>
<p align="center">30</p> <p>Macaroni & Cheese/ Fish Nuggets/WW Bread Tartar Sauce ½ cup Broccoli <i>Alt 1: French Bread Pizza</i> <i>Alt 2: Turkey Hero</i></p>	<p align="center">31</p> <p>Chicken Teriyaki with Fried Brown Rice ½ cup Broccoli ½ c Carrots <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p align="center">Romaine Salad Offered Daily with all Lunches This institution is an equal opportunity provider and employer We try to have all choices available to all students at all times. However, there may be occasions when choices are limited. Menu Subject to Change</p>		



Port Jervis City School District
January 2017
Port Jervis High School Menu

Breakfast Served Daily
 Breakfast Sandwich on Muffin or Roll
 Choice of Cereal with ½ Bagel, WW Bagel
With
 ½ c. 100% Juice, ½ c. Fruit and 8 oz. Milk

All Meals Include 1 cup Fresh or Canned Fruit (2 Servings, ½ c each) and ½ pint of 1% Milk or Fat-Free Chocolate, Strawberry or Vanilla Milk. All Breads are Whole Grain

<p>2</p> 	<p>3</p> <p>Buffalo Chicken Wrap/Ranch ½ c Oven Potatoes ½ c Carrots <i>Alt 1: Chicken Quesadilla</i> <i>Alt 2: Bologna & Cheese Hero</i></p>	<p>4</p> <p>Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice ½ cup Black Beans <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p>5</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ c. Sweet Potato Fries <i>Alt 1: All Beef Hot Dog on Bun</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p>6</p> <p>Macaroni & Cheese/Roll Fish Nuggets/WW Bread Tartar Sauce ½ cup Broccoli <i>Alt 1: Chicken Patty & Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i></p>
<p>9</p> <p>Lasagna Roll-up 3 Cheeses Garlic Bread ½ c Marinara ½ cup Italian Vegetables <i>Alt 1: All Beef Hot Dog on Bun</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p>10</p> <p>Chicken Patty on Bun BBQ Sauce Dip ½ cup Sweet Potatoes ½ c Fresh Carrots & Celery <i>Alt 1: Chicken Quesadilla</i> <i>Alt 2: Bologna & Cheese Hero</i></p>	<p>11</p> <p>Chicken with Gravy Bowl (½ c Whipped Potatoes ½ c Corn, WW Dressing) 1 oz. Cranberry Sauce <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p>12</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Green Beans <i>Alt 1: Hamburger on Bun</i> <i>Alt 2: Chicken Salad Hero</i></p>	<p>13</p> <p>Philly Style Steak & Cheese WW Hero, Peppers & Onions ½ c Baked Beans ½ c Oven Potato Fries ❄️ <i>Alt 1: Yogurt, Cheese & Breadstic</i> <i>Alt 2: Turkey & Cheese Hero</i></p>
<p>16</p> <p>Schools Closed Martin Luther King Jr. Birthday</p> 	<p>17</p> <p>Chicken Parm. on WW Roll Pasta with Oil & Garlic ½ c Mixed Vegetable <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i></p>	<p>18</p> <p>Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Green Beans <i>Alt 1: All Beef Hot Dog on Bun</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p>19</p> <p>Baked Pasta ½ c Sauce & Cheese, Garlic Bread ½ c Broccoli <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i></p>	<p>20</p> <p>Turkey Cuban Panini (Turkey, Ham & Swiss Cheese) ½ c. Sweet Potato Fries ½ cup Baked Beans <i>Alt 1: French Bread Pizza</i> <i>Alt 2: Turkey Hero</i></p>
<p>23</p> <p>Chicken Patty on Bun BBQ Sauce Dip ½ cup Sweet Potatoes ½ c Fresh Carrots & Celery <i>Hot Alt: Grilled Cheese WW</i> <i>Cold Alt: Turkey on WW Roll</i></p>	<p>24</p> <p align="center">Regent Exams</p>	<p>25</p> <p align="center">Regent Exams</p>	<p>26</p> <p align="center">Regent Exams</p>	<p>27</p> <p align="center">Regent Exams</p>
<p>30</p> <p>Macaroni & Cheese/ Fish Nuggets/WW Bread Tartar Sauce ½ cup Broccoli <i>Alt 1: French Bread Pizza</i> <i>Alt 2: Turkey Hero</i></p>	<p>31</p> <p>Chicken Teriyaki with Fried Brown Rice ½ cup Broccoli ½ c Carrots ❄️ <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: Tuna Salad Hero</i></p>	<p align="center">Romaine Salad Offered Daily with all Lunches This institution is an equal opportunity provider and employer We try to have all choices available to all students at all times. However, there may be occasions when choices are limited.</p> <p align="center">❄️</p> <p align="center">Menu Subject to Change</p>		