



Port Jervis City School District
March 2017 Elementary Lunch Menu

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

Breakfast Served Daily Choice of Cereal WW Bagel or Cereal & Graham Crackers; or Yogurt & Cereal or Breakfast Sandwich With ½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk		1 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice ½ cup Black Beans <i>Hot Alt: Fish/WW Bun</i> <i>Cold Alt: Tuna WW Hero</i>	2 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots <i>Hot Alt: Chicken /Bun</i> <i>Cold Alt: Ham & Cheese /WW</i>	3 Happy Birthday Dr. Seuss! Green Eggs & Ham, One Fish, Two Fish, Goldfish Crackers, Who Potatoes, Moose Juice, Schloop with Whipped Cream on Top. <i>Alt: Grilled Cheese or Tuna</i> 
6 Conference Day No Student Attendance	7 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>	8 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>	9 Pizzeria Style Cheese Pizza or Pepperoni Pizza, 1 Romaine Salad ½ cup Carrots <i>Hot Alt: Hot Dog on Bun</i> <i>Cold Alt: Yogurt & Cheese</i>	10 <i>Chicken & Gravy Bowl (1/2 c Whipped Potato, ½ c Corn) WW Bread</i> <i>Hot Alt: Grilled Cheese</i> <i>Cold Alt: Bologna & Cheese</i>
13 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>	14 Pizza Bagel ½ c Broccoli <i>Hot Alt: Cheeseburger/Bun</i> <i>Cold Alt: Yogurt & Cheese</i>	15 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>	16 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>	17 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Broccoli <i>Hot Alt: Fish/WW Bun</i> <i>Cold Alt: Tuna WW Hero</i> <i>Shamrock Dessert</i> 
20 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>	21 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>	22 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>	23 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>	24 Lasagna Roll-up with Meat Sauce & Garlic Bread ½ c Broccoli <i>Hot Alt: Fish/WW Bun</i> <i>Cold Alt: Tuna WW Hero</i>
27 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Corn <i>Hot Alt: Hamburger/Bun</i> <i>Cold Alt: Yogurt & Cheese</i>	28 Italian Dunkers ¼ c Marinara Dip ½ c Broccoli <i>Hot Alt: 3x5 Pizza</i> <i>Cold Alt: Turkey on WW Roll</i>	29 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>	30 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>	31 <i>Chicken & Gravy Bowl (1/2 c Whipped Potato, ½ c Corn) WW French Bread</i> <i>Hot Alt: Fish/WW Bun</i> <i>Cold Alt: Tuna WW Hero</i>

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

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

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		1 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice ½ cup Black Beans Hot Alt: Fish/WW Bun Cold Alt: Tuna on WW Roll	2 Chicken Wrap Or Buffalo Wrap ½ c Oven Fries ½ cup Baked Beans Hot Alt: Grilled Cheese WW Cold Alt: Turkey on WW Roll	3 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Fish/WW Bun Cold Alt: Tuna & Cheese /WW
6 Conference Day No Student Attendance	7 Hamburger or Cheeseburger WW Bun ½ c Oven Fries ½ cup Baked Beans Hot Alt: 3x5 Pizza Cold Alt: Tuna & Cheese Sand.	8 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Broccoli Hot Alt: Hamburger/Bun Cold Alt: Turkey on WW Roll	9 Pizzeria Style Cheese Pizza or Pepperoni Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Hot Dog on Bun Cold Alt: Yogurt & Cheese	10 Chicken & Gravy Bowl (1/2 c Whipped Potato, ½ c Peas & Carrots) WW Biscuit Hot Alt: Fish/WW Bun Cold Alt: Tuna & Cheese WW
13 Chicken Alfredo with Penne. WW Garlic Bread ½ cup Green Beans Hot Alt: 3x5 Pizza Cold Alt: It Combo WW Hero	14 Nacho Chips & Taco Meat Shredded Cheese, Romaine & Tomato ½ c Brown Rice, ½ c Broccoli Hot Alt: Hamburger/Bun Cold Alt: Turkey on WW Roll	15 Italian Dunkers with ½ c Marinara Dip ½ cup Green Beans Hot Alt: Chicken /Bun Cold Alt: Ham & Cheese /WW	16 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Chicken /Bun Cold Alt: Turkey on WW Roll	17 Chicken Patty/ WW Roll ½ c Fries ½ c Baked Beans  Hot Alt: Fish/WW Bun Cold Alt: Tuna on WW Roll
20 Hamburger or Cheeseburger WW Bun ½ c Oven Fries ½ cup Baked Beans Hot Alt: 3x5 Pizza Cold Alt: Tuna & Cheese Sand.	21 French Toast Sticks or Mini Pancakes/Sausage 1 cup Romaine Salad ½ c Oven Fries Hot Alt: Grilled Cheese WW Cold Alt: Ham & Cheese /WW	22 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Chicken /Bun Cold Alt: Turkey on WW Roll	23 Chili Dog ½ c Baked Beans ½ c Oven Fries Hot Alt: Cheeseburger/Bun Cold Alt: Yogurt & Cheese	24 Chicken Parm. & Garlic Bread Spaghetti with Garlic & Oil ½ c Broccoli Hot Alt: Fish/WW Bun Cold Alt: Yogurt & Cheese
27 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Corn Hot Alt: Hamburger/Bun Cold Alt: Yogurt & Cheese	28 Italian Dunkers ¼ c Marinara Dip ½ c Broccoli Hot Alt: 3x5 Pizza Cold Alt: Turkey on WW Roll	29 Nacho Chips & Taco Meat Shredded Cheese Romaine & Tomato , ½ c Brown Rice ½ cup Black Beans Hot Alt: Hamburger/Bun Cold Alt: Turkey on WW Roll	30 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Chicken /Bun Cold Alt: Turkey on WW Roll	31 Chicken & Gravy Bowl (1/2 c Whipped Potato, ½ c Corn) WW French Bread Hot Alt: Fish/WW Bun

This institution is an equal opportunity provider and employer. Menu Subject to Change

Port Jervis City School District

March 2017

Port Jervis High School Menu

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>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</p>		<p>1 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato ½ c Brown Rice ½ cup Black Beans Hot Alt: Fish on WW Bun Cold Alt: Tuna on WW Roll</p>	<p>2 Chicken Wrap Or Buffalo Wrap ½ c Oven Fries ½ cup Baked Beans Hot Alt: Grilled Cheese WW Cold Alt: Turkey on WW Roll</p>	<p>3 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Fish on WW Bun Cold Alt: Tuna & Cheese /WW</p>
<p>6 Conference Day No Student Attendance</p>	<p>7 Italian Dunkers with ½ c Marinara Dip ½ cup Green Beans Hot Alt: French Toast Stick & Julienne Ham Cold Alt: Ham & Cheese /WW</p>	<p>8 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Broccoli Hot Alt: Hamburger/Bun Cold Alt: Turkey on WW Roll</p>	<p>9 Pizzeria Style Cheese Pizza or Pepperoni Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Hot Dog on Bun Cold Alt: Yogurt & Cheese</p>	<p>10 Chicken & Gravy Bowl (1/2 c Whipped Potato, ½ c Peas & Carrots) WW Bread Hot Alt: Fish/WW Bun Cold Alt: Bologna & Cheese WW</p>
<p>13 Chicken Alfredo with Penne. WW Garlic Bread ½ cup Green Beans Hot Alt: 3x5 Pizza Cold Alt:: It Combo WW Hero</p>	<p>14 Nacho Chips & Taco Meat Shredded Cheese Romaine & Tomato ½ c Brown Rice ½ cup Black Beans Hot Alt: Hamburger/Bun Cold Alt: Turkey on WW Roll</p>	<p>15 Pizza Bagel ½ c Broccoli ½ c Mixed Vegetables Hot Alt: Cheeseburger/Bun Cold Alt: Yogurt & Cheese</p>	<p>16 White Cheese & Spinach Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Chicken /Bun Cold Alt: Turkey on WW Roll</p>	<p>17 Chicken Patty on WW Roll ½ c Sweet Potatoes Fries ½ c Broccoli Hot Alt: Fish/WW Bun Cold Alt: Tuna on WW Roll</p> 
<p>20 Hamburger or Cheeseburger WW Bun, ½ c Oven Fries ½ cup Baked Beans Hot Alt: 3x5 Pizza Cold Alt: Tuna & Cheese Sand</p>	<p>21 All Beef Chili Hot Dog WW Bun ,½ cup Baked Beans ½ c Sweet Potatoes Fries Hot Alt: Chicken Quesadilla Cold Alt: Ham & Cheese /WW</p>	<p>22 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Chicken /Bun Cold Alt: Turkey on WW Roll</p>	<p>23 Philly Steak&Cheese WWHero 1 cup Romaine Salad ½ c Oven Fries Hot Alt: Italian Dunkers Cold Alt: Turkey on WW Roll</p>	<p>24 Lasagna Roll-up with Sauce & Garlic Bread ½ c Broccoli Hot Alt: Fish/WW Bun Cold Alt: Tuna WW Hero</p>
<p>27 Chicken Nuggets/ WW Roll ½ c Sweet Potatoes Fries ½ c Corn Hot Alt: Hamburger/Bun Cold Alt: Yogurt & Cheese</p>	<p>28 Italian Dunkers ¼ c Marinara Dip ½ c Broccoli Hot Alt: 3x5 Pizza Cold Alt: Turkey on WW Roll</p>	<p>29 Nacho Chips & Taco Meat Shredded Cheese Romaine & Tomato , ½ c Brown Rice ½ cup Black Beans Hot Alt: Hamburger/Bun Cold Alt: Turkey on WW Roll</p>	<p>30 Pizzeria Style Cheese Pizza 1 cup Romaine Salad ½ cup Carrots Hot Alt: Chicken /Bun Cold Alt: Turkey on WW Roll</p>	<p>31 Chicken & Gravy Bowl (1/2 c Whipped Potato, ½ c Corn) WW French Bread Hot Alt: Fish/WW Bun Cold Alt: Tuna WW Hero</p>

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