

**Alternate Lunch Available Daily.
Romaine Side Salad Offered Daily
with Lunch.
Look in cafeteria for details.**

**Port Jervis City School District
November 2016
Elementary School Lunch Menu
All Meals include a choice of Fruit & ½ pt. of Milk**

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

<p>All Meals Include: ½ cup Fresh or Canned Fruit And ½ pint of 1% Milk or Fat-Free Chocolate Milk</p>	<p>1 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>2 Baked Macaroni & Cheese & WW Roll <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ cup Broccoli 1 cup Romaine Salad ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>3 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots Sticks & Dip ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>4 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Black Beans; ½ c Corn ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>7 Chicken Nuggets, Dipping Sauce <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Celery Sticks ½ cup Italian Mixed Veg ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>8 Superintendents Conference Day No Student Attendance</p> 	<p>9 French Toast Sticks or Mini Pancakes Dipping Syrup with Sausage <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>10 Pizzeria Style Cheese Pizza <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>11 Veterans Day Schools Closed</p> 
<p>14 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>15 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ cup Seasoned Black Beans ½ cup Chilled Fruit, 8 oz.</p>	<p>16 Thanksgiving Dinner Roast Turkey/Gravy Whipped Potatoes, Yams, Broccoli, Dressing Apple Cobbler/Whip Topping Milk</p>	<p>17 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>18 Macaroni & Cheese & WW Roll <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ cup Broccoli 1 cup Romaine Salad ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>21 Early Dismissal Elementary School at 11:00 a.m. Elementary Parent/Teacher Conference</p>	<p>22 Early Dismissal Elementary School at 11:00 a.m. Elementary Parent/Teacher Conference</p>	<p>Thanksgiving Recess Nov. 23 to 25</p>  <p><i>Happy Thanksgiving! To You And Your Family</i></p>		
<p>28 Nathans All Beef Hot Dog on WW Bun <i>Alt 1: Hamburger on WW Bun</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Baked Beans ½ Potato Wedges ½ c Chilled Fruit, 8 oz. Milk</p>	<p>29 French Toast Sticks or Mini Pancakes with Sausage <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>			

Romaine Salad Offered Daily with all Lunches

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Menu subject to change

Breakfast Served Daily




Breakfast Served Daily

Breakfast Sandwich on English Muffin or Roll
 Choice of Cereal & Hard Cooked Egg,
 or WW Bagel or Mini Pancakes or
With
 ½ cup 100% Juice, ½ cup Fruit, 8 oz. Milk

Port Jervis City School District
November 2016
Middle School Lunch Menu

All Meals include a choice of Fruit & ½ pt. of Milk

Applications for free or reduced meals
 must be sent to school each year. Please
 go to www.pjschools.org to download a
 copy of the application

<p>All Meals Include: ½ cup Fresh or Canned Fruit And ½ pint of 1% Milk or Fat-Free Chocolate Milk</p>	<p>1 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries</p>	<p>2 Baked Macaroni & Cheese WW Roll <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ cup Broccoli 1 cup Romaine Salad</p>	<p>3 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots</p>	<p>4 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Black Beans; ½ c Corn</p>
<p>7 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans</p>	<p>8  Superintendents Conference Day No Student Attendance</p>	<p>9 French Toast Sticks or Mini Pancakes with Sausage <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries</p>	<p>10 Pizzeria Style Cheese Pizza <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots</p>	<p>11 Veterans Day Schools Closed </p>
<p>14 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries</p>	<p>15 Nacho Chips & Taco Meat Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ cup Seasoned Black Beans</p>	<p>16 Thanksgiving Dinner Roast Turkey/Gravy Whipped Potatoes, Yams, Broccoli, Dressing Apple Cobbler/Whip Topping Milk</p>	<p>17 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots</p>	<p>18 Chicken Parm. on WW Roll ½ c Pasta with Marinara <i>Alt 1: Turkey Hot Dog</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Italian Mixed Vegetable</p>
<p>21 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c Oven Fries ½ cup Mixed Vegetable ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>22 Early Dismissal 10:00 a.m. Parent/Teacher Conference</p>	<p style="text-align: center;">Thanksgiving Recess</p> <p style="text-align: center;">Nov. 23 to 25</p> <div style="text-align: center;">  <p><i>Happy Thanksgiving!</i> <i>To You And Your Family</i></p> </div>		
<p>28 All Beef Hot Dog on WW Bun <i>Alt 1: Hamburger on WW Bun</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Baked Beans ½ Potato Wedges ½ c Chilled Fruit, 8 oz. Milk</p>	<p>29 Meatball Parm WW Hero <i>Alt 1: Lasagna Roll-up/Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine ½ c Carrots</p>			




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Port Jervis City School District
November 2016
High School Menu

<p>All Meals Include: 1 cup Fruit as 2 servings ½ c each. And ½ pint of 1% Milk or Fat-Free Chocolate Milk</p>	<p>1 Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries</p>	<p>2 Baked Macaroni & Cheese WW Roll <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ cup Broccoli 1 cup Romaine Salad</p>	<p>3 Pizzeria Style Cheese Pizza or Pepperoni Pizza <i>Alt 1: Yogurt, Cheese Lunch</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots</p>	<p>4 Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato , ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Black Beans; ½ c Corn</p>
<p>7 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans</p>	<p>8  Superintendents Conference Day No Student Attendance</p>	<p>9 French Toast Sticks or Mini Pancakes with Sausage <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ c Oven Fries</p>	<p>10 Pizzeria Style Cheese Pizza <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots</p>	<p>11 Veterans Day Schools Closed </p>
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<p>21 Chicken Nuggets/WW Bread BBQ Sauce Dip <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c Oven Fries ½ cup Mixed Vegetable ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>22 Early Dismissal 10:00 a.m. Parent/Teacher Conference</p>	<p style="text-align: center;">Thanksgiving Recess Nov. 23 to 25</p> <div style="text-align: center;">  <p><i>Happy Thanksgiving!</i> <i>To You And Your Family</i></p> </div>		
<p>28 All Beef Hot Dog on WW Bun <i>Alt 1: Hamburger on WW Bun</i> <i>Alt 2: Ham Sandwich on WW</i> ½ c Baked Beans ½ Potato Wedges ½ c Chilled Fruit, 8 oz. Milk</p>	<p>29 Meatball Parm WW Hero <i>Alt 1: Lasagna Roll-up/Bread</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine ½ c Carrots</p>			

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