

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

**Port Jervis City School District
September 2017
Elementary School Lunch Menu**

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

We offer a hot alternate and a cold alternate each day as well as PBJ Sandwich and Am. Cheese Sandwich.

We try to have all choices available to all students at all times. However, there may be occasions when choices may be limited.



<p>4</p>  <p>Schools Closed</p>	<p>5</p> <p>All White Meat Chicken Nuggets WW Bread Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ cup Whipped Potatoes, ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>6</p> <p>Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero ½ c. Broccoli ½ c Oven Sweet Potato Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7</p> <p>Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>8</p> <p>Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice Alt 1: Grilled Cheese on WW Alt 2: It Combo WW Hero ½ c. Black Beans; ½ c Corn ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>11</p> <p>All White Meat Chicken Nuggets/WW Bread BBQ Sauce Dip Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>12</p> <p>French Toast Sticks or Pancakes with Sausage Alt 1: Grilled Cheese on WW Bread Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>13</p> <p>Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero ½ c Broccoli ½ c Oven Potato Puffs ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14</p> <p>Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>15</p> <p>Philly Steak & Cheese Hero Alt 1: Grilled Cheese Sand. Alt 2: It Combo WW Hero ½ c Oven Wedges ½ cup Baked Beans ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>18</p> <p>Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Patty on WW Bun Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>19</p> <p>Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato, ½ c Brown Rice Alt 1: Grilled Cheese Sand. Alt 2: It Combo WW Hero ½ cup Seasoned Black Beans ½ cup Chilled Fruit, 8 oz.</p>	<p>20</p> <p>All Beef Hot Dog on WW Bun Alt 1: Hamburger on WW Bun Alt 2: Ham Sandwich on WW ½ c Italian Mixed Vegetable ½ c Chilled Fruit, 8 oz. Milk</p>	<p>21</p> <p>Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>22</p> <p>French Toast Sticks with Sausage Alt 1: Grilled Cheese on WW Bread Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ c Oven Fries ½ cup Chilled Fruit, 8 oz. Milk</p>
<p>25</p> <p>All White Meat Chicken Nuggets/WW Bread BBQ Sauce Dip Alt 1: Yogurt, Cheese & Breadstick Alt 2: Turkey & Cheese Hero ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>26</p> <p>Hamburger/Cheeseburger on WW Bun Alt 1: Chicken Wrap WW Wrap Alt 2: Tuna Salad/WW Roll ½ c. Oven Fries ½ c. Broccoli ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>27</p> <p>Cheese Pizza or Pepperoni Pizza Alt 1: Yogurt, Cheese Lunch Alt 2: Turkey & Cheese Hero 1 cup Romaine Salad ½ cup Carrots ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>28</p> <p>All Beef Hot Dog on WW Bun Alt 1: Hamburger on WW Bun Alt 2: Ham Sandwich on WW ½ c Baked Beans ½ c Chilled Fruit, 8 oz. Milk</p>	<p>29</p> <p>Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato, ½ c Brown Rice Alt 1: Grilled Cheese Sand. Alt 2: It Combo WW Hero ½ c Corn ½ cup Chilled Fruit, 8 oz.</p>

Romaine Salad Offered Daily with all Lunches

This institution is an equal opportunity provider and employer

Menu Subject to Change

Breakfast Served Daily

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

Port Jervis City School District
September 2017
Middle School Lunch Menu


Available Every Day
3x5 Pizza, Assorted Heroes
Peanut Butter & Jelly, Yogurt & Cheese
Salad Bar Lunch

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<p>4</p>  <p>Schools Closed</p>	<p>5</p> <p>All White Meat Chicken Nuggets WW Bread <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Whipped Potatoes, ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>6</p> <p>Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c Broccoli ½ c Oven Sweet Potato Fries ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>7</p> <p>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>8</p> <p>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>11</p> <p>All White Meat Chicken Patty on WW Bun, Buffalo BBQ Sauce <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>12</p> <p>French Toast Sticks or Pancakes with Sausage <i>Alt 1: Egg, Cheese, Ham on WW Bagel</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>13</p> <p>Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c Broccoli ½ c Oven Potato Puffs ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>14</p> <p>Cheese Pizza or Pepperoni 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>15</p> <p>Philly Steak Hero with Cheese <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>18</p> <p>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 Italian Mixed Vegetable ½ c Chilled Fruit, 8 oz. Milk</p>	<p>19</p> <p>Chicken Taco (Soft WG Shell) 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>20</p> <p>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>21</p> <p>Cheese Pizza or Pepperoni 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>22</p> <p>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. Milk</p>
<p>25</p> <p>All White Meat Chicken Tenders WW Roll <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Sweet Potatoes ½ cup Green Beans ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>26</p> <p>Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Oven Fries ½ c. Broccoli ½ cup Chilled Fruit, 8 oz. Milk</p>	<p>27</p> <p>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>28</p> <p>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 c Chilled Fruit, 8 oz. Milk</p>	<p>29</p> <p>Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ c Corn ½ cup Chilled Fruit, 8 oz.</p>

Romaine Salad Offered Daily with all Lunches

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Menu Subject to Change

Breakfast Served Daily

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

Port Jervis City School District
 September 2017
High School Menu


Available Every Day
 Pizza, Assorted Heroes
 Peanut Butter & Jelly, Yogurt & Cheese
 Salad Bar Lunch

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<p>4</p>  <p>Schools Closed</p>	<p>5</p> <p>All White Meat Chicken Nuggets WW Bread <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ cup Whipped Potatoes, ½ cup Green Beans 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>6</p> <p>Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c. Broccoli ½ c Oven Sweet Potato Fries 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>7</p> <p>Buffalo Chicken 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 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>8</p> <p>Nacho Chips, & Taco Meat, Shredded Cheese, Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese on WW Bread</i> <i>Alt 2: It Combo WW Hero</i> ½ c. Black Beans; ½ c Corn 2 servings 1/2 c fruit, 8 oz. Milk</p>
<p>11</p> <p>All White Meat 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 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>12</p> <p>Brunch Lunch French Toast Sticks or 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 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>13</p> <p>Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Patty on WW Bun</i> <i>Alt 2: Turkey & Cheese Hero</i> ½ c Broccoli ½ c Oven Potato Puffs 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>14</p> <p>Sausage & Pepper Hero <i>Alt 1: Chicken Wrap</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>15</p> <p>Philly Steak Hero with Cheese <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>18</p> <p>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 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>19</p> <p>Chicken Taco (Soft WG Shell) 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 2 servings 1/2 c fruit, 8 oz.</p>	<p>20</p> <p>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 Italian Mixed Vegetable 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>21</p> <p>Italian Dunkers <i>Alt 1: Yogurt, Cheese & Breadstick</i> <i>Alt 2: Turkey & Cheese Hero</i> 1 cup Romaine Salad ½ cup Carrots 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>22</p> <p>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 2 servings 1/2 c fruit, 8 oz. Milk</p>
<p>25</p> <p>All White Meat 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 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>26</p> <p>Hamburger/Cheeseburger on WW Bun <i>Alt 1: Chicken Wrap WW Wrap</i> <i>Alt 2: Tuna Salad/WW Roll</i> ½ c. Oven Fries ½ c. Broccoli 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>27</p> <p>White Pizza or 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 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>28</p> <p>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 c 2 servings 1/2 c fruit, 8 oz. Milk</p>	<p>29</p> <p>Chicken Taco (Soft WG Shell) Shredded Cheese. Romaine & Tomato, ½ c Brown Rice <i>Alt 1: Grilled Cheese Sand.</i> <i>Alt 2: It Combo WW Hero</i> ½ c Corn 2 servings 1/2 c fruit, 8 oz.</p>