



Jamestown Area School District

High School Lunch Menu










March 2020



Lunch Price: \$2.60 Reduced Lunch: \$0.40 Adult Price: \$3.65 Weekly Ticket: \$13.00

A school lunch price includes: Entrée (meat/meat alternative & grain) Fruit, Vegetable and Milk.

(See below for alternative entrees.)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2-Mar</p> <p>Breakfast Sandwich (Croissant, Egg, Cheese, Ham)</p> <p>Hash brown Patty</p> <p>Mandarian Oranges</p>	<p>3-Mar</p> <p>Chicken Patty on Bun</p> <p>Lettuce/Tom/Pickles</p> <p>Celery and Carrots</p> <p>Vanialla Yogurt with Strawberries</p>	<p>4-Mar</p> <p>General Tso Chicken</p> <p>Rice Pilaf</p> <p>Asian Vegetables</p> <p>Pineapple</p> <p>Sweet & Sr Sauce</p>	<p>5-Mar</p> <p>Turkey & Cheese Wrap</p> <p>Lettuce/Tomato</p> <p>Three Bean Salad</p> <p>Fruit Cup</p>	<p>6-Mar</p> <p>Italian Combo Plate (Breaded Rav & Cheese Stick)</p> <p>Marinara Sauce</p> <p>Fresh Veggie Sticks</p> <p>Mixed Fruit Cup</p>
<p>9-Mar</p> <p>Rodeo Burger</p> <p>Baked French Fries</p> <p>Lettuce/Tomato/Pickle</p> <p>Fresh Fruit Variety</p> 	<p>10-Mar</p> <p>Chicken Nuggets</p> <p>Mashed Potato & Gravy</p> <p>Green Beans</p> <p>Peaches</p> <p>Dinner Roll</p>	<p>11-Mar</p> <p>Nacho Supreme</p> <p>Refried Beans</p> <p>Rice Pilaf (9-12)</p> <p>Tossed Salad</p> <p>Salsa/Sour Cream</p> <p>Pears</p>	<p>12-Mar</p> <p>BBQ Pulled Pork</p> <p>Tater Tots</p> <p>Cole Slaw</p> <p>Fruit Variety</p> 	<p>13-Mar</p> <p>Stuffed Crust Pizza</p> <p>Tossed Salad</p> <p>Mixed Fruit</p> <p>ACT 80 DAY!</p>
<p>16-Mar</p> <p>NO SCHOOL</p> 	<p>17-Mar</p> <p>Ham & Cheese on a Lucky Leprechaun Wrap</p> <p>Lettuce/Tomato</p> <p>Potato Wedges</p> <p>Applesauce</p> <p>St. Patty Cake!</p>	<p>18-Mar</p> <p>Popcorn Chicken</p> <p>Mashed Potatoes & Gravy</p> <p>Corn</p> <p>Peaches</p> <p>Dinner Roll</p>	<p>19-Mar</p> <p>Pancake & Sausage Stick (Two for 9-12)</p> <p>Three Bean Salad</p> <p>Veggie Sticks</p> <p>Mixed Fruit</p> 	<p>20-Mar</p> <p>Stromboli</p> <p>Marinara</p> <p>Tossed Salad</p> <p>Pears</p> <p>2nd: Fish Sandwich</p>
<p>23-Mar</p> <p>Mini Corn Dogs</p> <p>Baked French Fries</p> <p>Baked Beans</p> <p>Mixed Fruit</p> <p>Pudding Cup</p>	<p>24-Mar</p> <p>Walking Taco</p> <p>Rice Pilaf</p> <p>Shredded Cheese</p> <p>Lettuce/Tomato</p> <p>Pears</p> <p>Salsa/Sour Cream</p>	<p>25-Mar</p> <p>Sloppy Joe on Bun</p> <p>Smiley Fries</p> <p>Tossed Salad</p> <p>Fruit Variety</p> 	<p>26-Mar</p> <p>Chicken Tenders</p> <p>BBQ Dip</p> <p>Macaroni and Cheese</p> <p>Strawberry Cups</p> <p>Pretzel Rod</p>	<p>27-Mar</p> <p>Mini Cheese Ravioli</p> <p>Tossed Salad</p> <p>Peaches</p> <p>Garlic Bread Stick</p> 
<p>30-Mar</p> <p>Chicken Ranch Wrap</p> <p>Shredded Cheese</p> <p>Lettuce/Tomato</p> <p>Seasoned Potato Wedges</p> <p>Applesauce</p>	<p>31-Mar</p> <p>Pepperoni & Cheese Pizza</p> <p>Tossed Salad</p> <p>Fresh Fruit Variety</p>			<p>Friday Alternatives:</p> <p>Tuna Melt</p> 

Choice of Milk: Skim, 1%, Fat-Free Flavored

This institution is an equal opportunity provider.

Fruit/Vegetables: Fresh Fruit and Salad/Vegetable Bar (with the purchase of a meal)

Entrée Alternatives:

Breaded Chicken Patty on Bun

Chicken Poppers

Chef Salad

Peanut Butter & Jelly

Breaded Spicy Chicken Patty on Bun

Cheeseburger

Hamburger

Pizza Variety

This menu qualifies under the National School Nutrition Program guidelines for food based menu planning. Meeting criteria for Whole Grain-rich (WG), daily fruit and vegetables, calorie parameters, limiting sodium/trans fat/saturated fat & milk choice.