



# 2018 January

## Port Jefferson High/Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>More Info...</b>  <b>Available Daily:</b> -Cold Cut Sandwiches -LF Vanilla Yogurt Fruit Parfait -4 oz. Juice -Baby Carrots or Cucumber Slices -Green Salad -Assorted Fruit -Pizza -Chic Patty/Bun -Burgers  <b>Milk Choice:</b> -1% White Milk -Fat Free Chocolate  <b>Assorted snack items are offered daily that fit within the new Federal "Smart Snack" guidelines.</b>  -Meat/Meat Alternative -Whole Grain item -Fruit choice -Vegetable choice -Milk choice  <b>Grades K-12 must chose at least 3, up to 5, of the above mentioned food items. One of the choices MUST be a fruit or a vegetable.</b>  *Please note ham is a pork product.*
<b>1</b>  NO SCHOOL	<b>2</b> Ham & Cheese Melt General Tso Chicken Rice Broccoli	<b>3</b> Dutch Waffle w/ Sausage Patties Pizza Max Sticks w/ Marinara Sauce Peas	<b>4</b> Mac & Cheese Hot Dog Vegetarian Beans	<b>5</b> Philly Cheese Steak Popcorn Chicken Carrots	
<b>8</b> Chicken Nuggets BBQ Chicken Melt Corn	<b>9</b> Boneless Buffalo Wings Meatball Hero Broccoli	<b>10</b> French Toast w/ Sausage Patties Pizza Max Sticks w/ Marinara Sauce Green Beans	<b>11</b> Chicken Parm on WG Bun Pasta w/ Sauce Vegetarian Beans	<b>12</b> Bacon Burger Specialty Pizza Carrots	
<b>15</b>  NO SCHOOL	<b>16</b> Ham & Cheese Melt General Tso Chicken Rice Broccoli	<b>17</b> Dutch Waffle w/ Sausage Patties Pizza Max Sticks w/ Marinara Sauce Peas	<b>18</b> Mac & Cheese Corn Dog Vegetarian Beans	<b>19</b> Philly Cheese Steak Popcorn Chicken Carrots	
<b>22</b> Chicken Nuggets BBQ Chicken Melt Corn	<b>23</b> Boneless Buffalo Wings Meatball Hero Broccoli	<b>24</b> French Toast w/ Sausage Patties Pizza Max Sticks w/ Marinara Sauce Green Beans	<b>25</b> Chicken Parm on WG Bun Pasta w/ Sauce Vegetarian Beans	<b>26</b> Bacon Burger Specialty Pizza Carrots	
<b>29</b> BBQ Pork Riblet on WG Bun Chicken Nuggets Corn	<b>30</b> Ham & Cheese Melt General Tso Chicken Rice Broccoli	<b>31</b> Dutch Waffle w/ Sausage Patties Pizza Max Sticks w/ Marinara Sauce Peas			

Meal Price: \$3.10      Reduced Price: \$.25      Adult Lunch Price: \$3.85+tax  
Milk \$.60      **PREPAID LUNCHES AVAILABLE**

Free & Reduced eligibility will be carried over from the 2016-2017 school year through September 2017. A new application must be filled out prior to October 17, 2017 in order for eligibility to continue through the 2017-2018 school year. Available funds remaining in your Nutrikids /My School Bucks account as of June 2017 will be carried over to the 2017-2018 school year. All negative balances remaining as of June 2017 should be paid immediately.

Menus are subject to change without notice.