




APRIL 2019



JERSEY CITY PUBLIC SCHOOLS

PRODUCTION LUNCH Menu (Grades 9th-12th)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 Whole Grain Chicken Patty on a Whole Wheat Bun w/Lettuce & Tomato 3/4 cup Sweet Potato Fries Fresh Apple	2 Whole Grain Spaghetti w/Turkey Meatballs 3/4 cup Carrots 1 cup Peaches	3 Grilled Cheese on Whole Wheat Bread 3/4 cup Green Beans 1 cup Strawberries	4 Beef Taco on a Whole Wheat Tortilla w/Lettuce & Tomato 3/4 cup Bean Salad 1 cup Applesauce	5 Whole Wheat 4 x 6 Pizza 1 1/2 cup Romaine Salad Lo-Fat Dressing Fresh Pear	6	
7	8 Whole Grain Chicken Nuggets Whole Wheat Dinner Roll 3/4 cup Broccoli 1 cup Blueberries	9 Cheeseburger on a Whole Wheat Hamburger Bun 3/4 cup Sweet Potato Fries 1 cup Peaches	10 Whole Grain Macaroni & Cheese 3/4 cup Tomato & Chickpea Salad Fresh Orange	11 Philly Cheesesteak on a 4" Whole Wheat Club Roll 3/4 cup Peppers & Onions Applesauce Cup	12 Whole Wheat 4 x 6 Pizza 1 1/2 cup Romaine Salad Lo-Fat Dressing Fresh Pear	13	
14	15 Whole Grain Chicken Patty on a Whole Wheat Bun w/Lettuce & Tomato 3/4 cup Carrots 1 cup Blueberries	16 Turkey Taco over 1/2 cup Brown Rice 3/4 cup Black Beans 1 cup Peaches	17 Meatball Sub on a Whole Wheat 4" Club Roll 3/4 cup Green Beans 1 cup Applesauce	18 1/2 Day - 12:45pm Dismissal Whole Grain Macaroni & Cheese 3/4 cup Spinach Fresh Pear	19 	20	
21 	22 SCHOOLS CLOSED! Central Office Open	23 SCHOOLS CLOSED! Central Office Open	24 SCHOOLS CLOSED! Central Office Open	25 SCHOOLS CLOSED! Central Office Open	26 SCHOOLS CLOSED! Central Office Open	27	
28	29 Whole Grain Chicken Nuggets Whole Wheat Dinner Roll 3/4 cup Carrots Fresh Apple	30 Turkey Roast w/Gravy 3/4 cup Mashed Potatoes 3/4 cup Green Beans 1 cup Pears					

Menu subject to change without notice!

AVAILABLE DAILY: LO-FAT CHOCOLATE, FAT FREE WHITE MILK & 1% LO-FAT WHITE MILK

We are an equal opportunity provider and employer