| Joliet Township High School - Central and West Campus Lunch Menu <br> Student Combo Meal: $\$ 3.00$ |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| 1/16/2023 | 1/17/2023 | 1/18/2023 | 1/19/2023 | 1/20/2023 |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| ENTRÉE - Choose One (2nd item available for additional cost) |  |  |  |  |
|  | Breaded Pork Sandwich 55 g | Pancakes \& Sausage 31g | Korean Chicken BBQ Wedges 57g | Breaded Fish Sandwich with Cheese 54g |
| Martin Luther King BD | Calzone 33g | French Bread Pizza 30g | Pizza 39g | Big Daddy's Pizza 56g |
| No School | Spicy Grilled Chicken Sandwich 25g | Spicy Breaded Chicken Sandwich 57g | Gyros 36g | Golden Crispy Breaded Chicken Sandwich 56g |
|  | Bacon Cheeseburger 30g | Veggie Burger 44g | Double Cheeseburger 35g | Cheeseburger 30g |
|  | Italian Wrap 35g | Deli Sandwich 17g | Deli Sandwich 21g | Spicy Breaded Buffalo Chicken Wrap 44g |
|  | Chef Salad with Chicken $29 \mathrm{~g}$ | Chef Salad with Boiled Eggs, Cheese, Crackers \& Breadstick 58g | Chef Salad with Spicy Chicken,Cheese,Crackers\& Breadsticks 57g | Chef Salad with Double Cheese, Crackers \& Breadstick 49g |
|  | Walking Taco 47g | (2) Tornados 44g | All Beef Hot Dog with Chips 38g | 6" WG Bosco Cheese Sticks 32g |
| FRUIT AND VEGETABLE - choose up to four 1/2 cup servings |  |  |  |  |
|  | Baked Beans 27g | Cherry Tomatoes with Dip 9 g | Potato Wedges 17g | Steamed Broccoli 10g |
|  | Mashed Potatoes 15g | Cucumber Slices 4g | Corn 16g | Creamy Cole Slaw 25 g |
|  | Marinara or Salsa 8g/6g | Marinara or Salsa 8g/6g | Marinara or Salsa 8g/6g | Marinara or Salsa 8g/6g |
|  | Sliced Tomato, Lettuce \& Pickle 6 g | Sliced Tomato, Lettuce \& Pickle 6 g | Sliced Tomato, Lettuce \& Pickle 6 g | Sliced Tomato, Lettuce \& Pickle 6 g |
|  | Applesauce 13g | Mandarin Oranges 20g | Diced Peaches 14g | Pineapple Chunks 18g |
|  | Variety of Fresh Fruit 8g | Variety of Fresh Fruit 8g | Variety of Fresh Fruit 8g | Variety of Fresh Fruit 8 g |
| A Student Combo Meal includes the Milk, Fruit, Vegetable, and Entree. Students must take at least three items including at least one serving of the fruit or vegetable to count as a combo meal. For a complete meal, students get to choose one Entrée, up to four Fruit and Vegetable servings and one Milk. Students must have a pre-paid lunch account to purchase food and drinks from the cafeteria. You can create an account at www.myschoolbucks.com or make deposits through the Textbook/Cashier office at the school. <br> Cash is not accepted in the Cafeteria. |  |  |  |  |
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