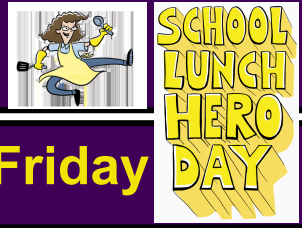




# Wallenpaupack Area High School May 2024 Lunch



Menu Subject to Change

Look for the Gluten Free symbol- these items can be made **GLUTEN FREE**  
**Gluten Free Daily Lunch Offerings**

- Home Made Pizza
- Chicken Patty on a bun
- Salad Bar
- Grab and Go Sandwiches
- Yogurt Parfaits
- PBJ Sandwiches
- Gluten Free Options
- Hot and Fresh Vegetables
- Assorted Fresh or canned Fruit
- 1% White or FF Chocolate Milk

Students must choose at least **3 of the 5 listed items** to qualify as a Lunch  
**Meat/Meat alternative**  
**Vegetable**  
**Bread/roll**  
**fruit**  
**Milk**

**1 item MUST be 1/2 cup fruit or vegetable**

Milk \$.50






Adult Lunch price \$5.00

Entrees are \$2.75 with no fruit or vegetable

Additional entrees may be purchased for \$1 in addition to your free complete lunch

A Second Lunch is \$5.00

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't forget, <b>BREAKFAST AND LUNCH</b> are free for all students!</p>	<p><b>High School Manager</b> Dana Anolfo anoloda@wallenpaupack.org <b>Director of Food Service</b> Heather Fedoryk, RDN fedoryhe@wallenpaupack.org</p>	<p><b>1</b> <b>Buck Bowl!</b> Popcorn Chicken Mashed Potato Bowl 135 Mashed Potatoes &amp; Corn Gravy &amp; Cheddar Cheese Applesauce 14</p>	<p><b>2</b> Hard Taco 28 Cilantro Lime Rice 33 Sour Cream Black Bean &amp; Corn Salsa 12 Lettuce 1, Tomato 1 Mixed Fruit 15</p>	<p><b>3</b> <b>School Lunch Hero Day</b> Bosco Sticks 17 Marinara Sauce 10 Roasted Carrots 10 Spinach Salad 17 Peaches 15</p>
<p><b>6</b> Hot Turkey Sandwich 15 Mashed Potatoes 22 Gravy 5 Sidekick</p> 	<p><b>7</b> <b>Build Your Own Burrito Day</b> Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Pears 15</p>	<p><b>8</b> WG Chicken Tenders 16 Bow Ties 42 Cheese Sauce Broccoli 5 Caesar Salad 10 Mixed Fruit 15</p>	<p><b>9</b> Teriyaki Chicken Power Bowl Chicken, Broccoli 9, Carrots 9, Edamame Tri Color Quinoa 35 Pineapple 22</p>	<p><b>10</b> <b>Kindness Day!</b> Pulled Pork Sandwich 41 Cole Slaw 20 Curly Fries 23 Ice Cream &amp; Banana</p> 
<p><b>13</b> Baked Ziti 55 Tossed Salad 10 Garlic Knot 27 Roasted Mushrooms 4 Grapes</p>	<p><b>14</b> <b>Ramen Bowl Day!</b> Beef or Chicken or Egg Broth, Noodles, Veggies Edamame Pineapple</p>	<p><b>15</b> <b>Loaded Fries</b> Baked French Fries 20 Pork, Chicken, Beef Cheese Sauce Broccoli 8 Strawberries 30</p>	<p><b>16</b> National Pickle Day! Burger Bar Lettuce, Tomato, Pickles, Onions, Bacon, Cheese Applesauce 14</p>	<p><b>17</b> Chicken Salad Sandwich Spicy Summer Harvest Pasta Salad 19 Chicken Noodle Soup Oranges</p>
<p><b>20</b> Chicken Stir Fry 26 Fried Rice 37 Broccoli Peaches 15</p> 	<p><b>21</b> <b>Nachos Supreme</b> Beef, Chicken or Pork Lettuce, Tomato, Cheese, Salsa, Sour Cream Pears 15</p>	<p><b>22</b> BBQ Chicken Wrap 25 Lettuce, Tomato &amp; Cheese Mixed Veggies Strawberries 30</p>	<p><b>21</b> Hot Dog on a Bun 30 Chili Sauce French Fries 20 Baked Beans Apples</p> 	<p><b>24</b> <b>No School</b></p>
<p><b>27</b> <b>No School</b></p> 	<p><b>28</b> <b>No School</b></p>	<p><b>29</b> Chicken &amp; Waffles Fries Applesauce 14</p>	<p><b>30</b> Spaghetti &amp; Meatballs Garlic Knot Tossed Salad Peaches 15</p>	<p><b>17</b> Mozzarella Sticks 32 Marinara Sauce 10 Pesto White Bean Salad 28 Sweet Potato Fries 19 Grapes</p>