



WASD Middle School MAY 2024 Lunch



Menu Subject to Change

Look for the **Gluten Free** symbol-these items can be made **Gluten Free**

Carb Counts listed in parenthesis ()

Daily Lunch Offerings

Chicken Patty on a Bun
Salad Bar

Grab & Go Sandwiches

Yogurt Parfaits

PBJ Sandwiches

Hot & Fresh Vegetables

Assorted Fresh or Canned Fruit

1% White or Chocolate

Fat-Free White

Students must choose at

least **3 of the 5 items listed**

to qualify as a Lunch

Meat/Meat Alternative

Vegetable Bread/Roll

Fruit Milk

1 item MUST be 1/2 cup fruit or vegetable

Milk \$0.75

Adult Lunch Price


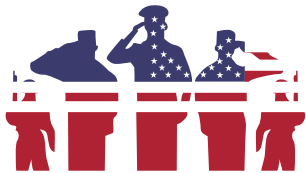
\$5.00

Entrees are \$2.75 with no fruit or vegetable

Additional entrees may be purchased in addition to your free complete lunch.

This Institution is an equal opportunity provider

Lunch is Free for ALL students!

Monday	Tuesday	Wednesday	Thursday	Friday
Middle School Manager Shannon Marchetti marchesh@wallenpaupack.org Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org		1 Pulled Pork Sandwich 41 Broccoli 5 Caesar Salad 10 Mixed Fruit 15	2 Beef Tacos 39 Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Pears 15	3 Bosco Sticks 17 Marinara Sauce 10 Roasted Carrots 10 Spinach Salad 17 Peaches 15
6 Buck Bowl! Popcorn Chicken Mashed Potato Bowl 135 Mashed Potatoes & Corn Gravy & Cheddar Cheese Applesauce 14	7 Chicken & Cheese Quesadilla 35 WG Rice Pilaf 26 Sour Cream Black Bean & Corn Salsa 12 Lettuce 1, Tomato 1 Mixed Fruit 15	8 Chicken Parmesan over WG Pasta 46 Orange Glazed Sweet Potatoes 24 Garlic Bread 14 Peaches 15	9 Chicken Bacon Ranch on a Bun 28 French Fries 20 Apples 15	10 WG Grilled Cheese 28 Tomato Soup 10 Mixed Veggies 15 Crackers 14 Pears 15
13 Sloppy Joe on a Bun 11 Spring Salad 12 Roasted Mushrooms 4 Peaches 15	14 Mozzarella Sticks 32 Marinara Sauce 10 Kale Apple Salad 10 Sweet Potato Fries 19 Pears 15	15 Brunch for Lunch French Toast Sticks 35 Sausage Patty 1 Hash Brown 31 Warm Cinnamon Apples 9	16 Beef Tacos 39 Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Applesauce 14	17 Chicken & Asparagus Pasta 15 WG Dinner Roll 19 Glazed Carrots 10 Strawberries 30
20 Corn Dog Nuggets 30 Baked Beans 37 Peas & Carrots 10 Strawberries 30	21 Burger Bar! Burger 23 with Fixins! Baby Carrots 12 French Fries 20 Applesauce 14	22 WG Pasta with Meat Sauce 61 Garlic Bread 14 Caesar Salad 10 Mixed Fruit 15	23 French Bread Pizza 29 Tossed Salad 4 Watermelon 8	24 No School
27 No School 	28 No School	29 WG Chicken 20 Waffles Roasted Sweet Potatoes 26 Applesauce 14	30 Chicken Bacon Ranch on a Bun 28 French Fries 20 Mixed Fruit 15	31 Hot Ham & Cheese on a Pretzel Bun 39 Pesto White Bean Salad 28 Chicken Noodle Soup 17 Peaches 15