



# Wallenpaupack Area High School April 2024 Lunch

Menu Subject to Change

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



GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't forget, <b>BREAKFAST AND LUNCH</b> are free for all students!</p>	<p><b>2</b> Burger Bar! Burger 23 with Fixins! Baby Carrots 12 French Fries 20 Applesauce 14</p>	<p><b>3</b> WG Chicken Tenders 16 Bow Ties 42 Cheese Sauce Broccoli 5 Caesar Salad 10 Mixed Fruit 15</p>	<p><b>4</b> <b>Build Your Own Burrito Day</b> Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Pears 15</p>	<p><b>5</b> Bosco Sticks 17 Marinara Sauce 10 Roasted Carrots 10 Spinach Salad 17 Peaches15</p>
<p><b>8</b> Chicken Nuggets 13 Peas &amp; Carrots10 Spring Salad 12 Dinner Roll 19 Applesauce 14</p>	<p><b>8</b> Walking Taco 28 Cilantro Lime Rice 33 Sour Cream Black Bean &amp; Corn Salsa12 Lettuce 1, Tomato 1 Mixed Fruit 15</p>	<p><b>10</b> Meatloaf 6 Mashed Potatoes 15 Gravy 4 Dinner Roll 19 Pears 15</p>	<p><b>11</b> <b>Loaded Fries</b> Baked French Fries 20 Pork, Chicken, Beef Cheese Sauce Broccoli 8 Strawberries 30</p>	<p><b>12</b> <b>Grilled Cheese Day!</b> WG Grilled Cheese 28 Tomato Soup 10 Mixed Veggies 15 Crackers 14 Pears 15</p>
<p><b>15</b> Hot Roast Beef Sandwich 29 Roasted Sweet Potatoes 26 Applesauce 14</p> <p> GLUTEN FREE</p>	<p><b>16</b> <b>Nacho Bar 30</b> Beef, Chicken, Beans Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Mixed Fruit 15</p> <p> GLUTEN FREE</p>	<p><b>17</b> Pancakes 42 Sausage 1 Hash Brown 31 Warm Cinnamon Apples 9</p>	<p><b>18</b> WG Chicken 20 Waffles 15 Peaches 15</p> <p> GLUTEN FREE</p>	<p><b>19</b> Egg Roll in a Bowl! Mixed Veggies 15 Banana Pudding 23 Banana Day!</p> <p> GLUTEN FREE</p>
<p><b>22</b> Chicken Alfredo 41 Spinach Salad 10 Roasted Mushrooms 4 Peaches 15</p> <p> GLUTEN FREE</p>	<p><b>23</b> <b>Picnic Day!</b> Hot Dog on a Bun 30 French Fries 20 Apple Kale Salad 10 Watermelon 8</p>	<p><b>24</b> Corn Dog Nuggets 30 Animal Crackers Peas &amp; Carrots 10 Strawberries 30</p>	<p><b>25</b> <b>Ramen Bowl Day!</b> Beef or Chicken or Egg Broth, Noodles, Veggies Edamame Peaches (15)</p> <p> GLUTEN FREE</p>	<p><b>26</b> <b>Pretzel Day</b> Hot Ham &amp; Cheese on a Pretzel Bun 39 Pesto White Bean Salad 28 Peaches 15</p>
<p><b>29</b> Pulled Pork Sandwich 41 Cole Slaw 20 Curly Fries 23 Applesauce 14</p>	<p><b>30</b> <b>Brunch for Lunch</b> French Toast Sticks 35 Sausage Patty 1 Hash Brown 31 Warm Cinnamon Apples 9</p>			<p><b>High School Manager</b> Dana Anolfo anolfoda@wallenpaupack.org <b>Director of Food Service</b> Heather Fedoryk, RDN fedoryhe@wallenpaupack.org</p>