

**Wallenpaupack Area
Middle School**

Menu Subject to Change



February 2019

Breakfast Meal Prices:
 \$1.95
 Reduced .30
 Milk .50

Daily Breakfast Offerings
 Choice of:
 Assorted Whole Grain Cereals,
 Cereals Bars, or Pop Tarts
 Yogurt Parfait 12oz
 Whole Grain Bagels
 Whole Grain Muffins
 Assorted Fresh or Canned Fruit
Or Hot Item of the Day

In Addition to:
 100% Fruit Juice
 1% White, Fat-Free White,
 Chocolate or Strawberry

*Students MUST select 1/2 cup of
fruit or vegetables daily*

Lunch Meal Prices:
 \$3.00
 Reduced .40
 Milk .50



Adult Lunch Price
 \$4.75

Daily Lunch Offerings
 Salad Bar
 Deli Sandwiches
 Chicken Caesar Salad
 Yogurt Parfait 16oz
 PBJamwiches
 Fresh Vegetables
 Assorted Fresh or Canned Fruit

1% White, Fat-Free White,
 Chocolate or Strawberry



BUCKHORNS

Mon	Tue	Wed	Thu	Fri
<p><i>Students choose at least 3 of the 5 items listed to qualify as a Lunch, 1 item MUST be 1/2 cup fruit or vegetable:</i></p> <p><i>Meat/Meat Alternative Bread/Roll Milk</i>  <i>Vegetable Fruit</i></p> <p><i>Breakfast and Lunch prices for "Paid" students had to increase \$.10 to abide by the "meal price equity" law. This Institution is an equal opportunity provider</i></p>				
<p>4 WG French Toast Sticks Baked Ham Slices Home Fries Warm Apple Slices Yogurt with Fruit</p>	<p>5 Chili/Tortilla Chips Cheddar/Sour Cream Steamed Corn WG Brown Rice WG Mini Corn Muffin Orange Wedges</p>	<p>6 Hot Dog or Chili On a WG Bun Oven Baked Fries Baked Vegetarian Beans Peach Slices</p>	<p>7 Oven Roasted Chicken Mashed Potatoes/gravy Steamed Green Beans WG Dinner Roll Fruit Crisp/Topping</p>	<p>1 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Dip Chicken Noodle Soup Apple Wedges</p>
<p>11 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked Potato WG Dinner Roll Apple Wedges</p>	<p>12 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Hash brown Patty Mandarin Oranges</p>	<p>13 Chicken Stir Fry WG Steamed Rice Sautéed Vegetables Mini Egg Roll Valentine Ice Cream Cup</p>	<p>14 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Peach Slices</p>	<p>15 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Fresh Grapes</p>
<p>18 Presidents' Day School Closed</p> 	<p>19 WG French Toast Sticks Baked Ham Slices Home Fries Apple Juice Cup Yogurt with Strawberries</p>	<p>20 Meatball Hoagie Shredded Mozzarella Twister Fries Baby Carrots and Dip Sidekick Frozen Juice Cup</p>	<p>21 WG Breaded Chicken Patty on a WG Bun Romaine Leaf Tomato/Cheese/Pickles Oven Baked Fries Mixed Fruit</p>	<p>22 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Dip Broccoli & Cheese Soup Apple Wedges</p>
<p>25 Hamburger or Cheese Burger on a WG Bun Romaine /Tomato/Pickles Baked Vegetarian Beans Potato Puffs Mixed Fruit</p>	<p>26 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Pear Slices</p>	<p>27 Hot Dog or Chili Dog On a WG bun WG Macaroni & Cheese Carrot Sticks/Dip Apple Wedges</p>	<p>28 WG Breaded Chicken Mashed Potatoes/Gravy Steamed Corn WG Dinner Roll Fruit Crisp/Topping</p>	