

**Wallenpaupack Area
Middle School**

Menu Subject to Change



February 2018

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:
\$2.95
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
			1 WG Popcorn Chicken Romaine Salad With Baby Spinach Craisin Pouch Steamed Corn WG Dinner Roll Fruit Crisp/Topping	2 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Dip Chicken Noodle Soup Fresh Grapes
5 WG French Toast Sticks Baked Ham Slices Home Fries Warm Apple Slices Yogurt with Strawberries	6 Chili/Tortilla Chips Cheddar/Sour Cream Steamed Corn WG Brown Rice WG Mini Corn Muffin Orange Wedges	7 Pulled Pork BBQ On a WG Bun Cole Slaw Potato & Cheese Pierogi Sautéed Onions/Peppers Pineapple Tidbits	8 WG Breaded Chicken Mashed Potatoes/gravy Steamed Green Beans WG Dinner Roll Cranberry Sauce Fruited Gelatin/Topping	9 Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks with Peanut Butter Applesauce/cinnamon
12 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Hashbrown Patty Peach Slices	13 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked Potato WG Dinner Roll Mandarin Oranges	14 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Valentine Ice Cream Cup	15 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Peach Slices 	16 Cheese Quesadilla or Chicken/Cheese Quesadilla Sautéed Onions & Peppers Diced Tomatoes/Salsa Steamed Corn Steamed WG Rice Fresh Grapes
19 Presidents' Day School Closed 	20 WG French Toast Sticks Baked Ham Slices Home Fries Apple Juice Cup Yogurt with Strawberries	21 Meatball Hoagie Shredded Mozzarella Twister Fries Baby Carrots and Dip SideKick Frozen Juice Cup	22 WG Breaded Chicken Patty on a WG Bun Romaine Leaf Tomato/Cheese/Pickles Oven Baked Fries Mixed Fruit 	23 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Dip Broccoli & Chees e Soup Apple Wedges
26 Hamburger or Cheese Burger on a WG Bun Romaine /Tomato/Pickles Baked Vegetarian Beans Potato Puffs Mixed Fruit	27 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Pear Slices	28 Hot Dog or Chili Dog On a WG bun WG Macaroni & Cheese Carrot Sticks/Dip Apple Wedges	<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 Vegetable</i> <i>Bread/Roll Fruit</i> <i>Milk</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 employer</i></p> 	