

**Wallenpaupack Area
South School**

Menu Subject to Change

Breakfast Meal Prices:

\$1.95
Reduced .30
Milk .50

Daily Breakfast Offerings

Choice of:
Assorted Whole Grain Cereals
Whole Grain Muffins
Whole Grain Bagels
Assorted Fresh or Canned Fruit
Or Hot Items 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:

\$2.80
Reduced .40
Milk .50

Adult Lunch Price

\$4.75

Daily Lunch Offerings

Chicken Caesar Salad
Yogurt Parfait
Yogurt
PBJamwiches
Fresh Vegetables
Assorted Fresh or Canned Fruit

In Addition to:

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



BUCKHORNS

February 2019

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</i> Bread/Roll Milk</p> <p><i>Vegetable</i> Fruit</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>1 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Dip Chicken Noodle Soup Apple Wedges</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 dog On a WG bun Oven Baked Fries Carrot Sticks/Dip Peach Slices</p>	<p>7 Oven Roasted Chicken Mashed Potatoes/gravy Steamed Green Beans WG Dinner Roll Fruit Crisp/Topping</p>	<p>8 Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks with Sunflower Butter Applesauce/cinnamon</p>
<p>11 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked Potato WG Dinner Roll AppleWedges</p>	<p>12 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Hash brown Patty Mandarin Oranges</p>	<p>13 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Valentine Ice Cream Cup</p>	<p>14 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Peach Slices</p>	<p>15 WG Popcorn Chicken Caesar Salad Steamed Corn Teddy Grahams 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 Meatballs in Red Sauce Rotini Pasta Shredded Mozzarella Tossed Green Salad Italian Bread Slice 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 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>	