






**Wallenpaupack South School**  
**Head Start Breakfast, Lunch & Snack**  
 This Institution is an equal opportunity provider.



**January 2019**

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 	<b>2</b> <b>WG French Toast/Syrup</b> <b>Applesauce, Fat Free White Milk</b>  <b>WG Rotini Pasta</b> <b>Meat or Cheese Sauce</b> <b>Caesar Salad</b> <b>WG Hot Breadstick, Peach Slices</b>  <b>WG Mini Blueberry Muffin</b> <b>Fat free White Milk</b>	<b>3</b> <b>Yogurt with WG Graham Cracker</b> <b>Fresh Fruit, Fat Free White Milk</b>  <b>Grilled Chicken Patty on a WG Bun</b> <b>Oven Baked Potato Fries</b> <b>Steamed Carrots</b> <b>Mixed Fruit</b>  <b>American Cheese with WG Crackers</b> <b>Orange Juice</b>	<b>4</b> <b>WG Rice Krispy Cereal</b> <b>Fresh Fruit , Fat free White Milk</b>  <b>WG Wedge Pizza</b> <b>Fresh Veggies: Broccoli, Baby Carrots,</b> <b>Cucumbers With Hummus or Dip</b> <b>Chicken Noodle Soup, Apple Wedges</b>  <b>WG Graham Crackers</b> <b>Fat free White Milk</b>
<b>7</b> <b>WG Mini Pancakes</b> <b>Fresh Fruit, Fat Free White Milk</b>  <b>Hot Dog on a WG bun</b> <b>Oven Baked Fries</b> <b>Baked Vegetarian Beans</b> <b>Carrot Sticks/Dip, Applesauce/cinnamon</b>  <b>WG Teddy Grahams</b> <b>Grape Juice</b>	<b>8</b> <b>WG Bagel with Jelly</b> <b>Apple Wedges, Fat Free White Milk</b>  <b>WG Chicken Strips</b> <b>Mashed Potatoes/Gravy</b> <b>Steamed Corn</b> <b>Diced Pears</b>  <b>Strawberry Cup</b> <b>Fat Free White Milk</b>	<b>9</b> <b>WG Corn Flakes</b> <b>Fresh Fruit, Fat free White Milk</b>  <b>Walking Taco With Tortilla chips</b> <b>Lettuce/Cheese Tomatoes/Salsa</b> <b>Steamed Corn</b> <b>Applesauce</b>  <b>WG Mini Blueberry Muffin</b> <b>Fat Free White Milk</b>	<b>10</b> <b>Egg Omelet with WG Toast</b> <b>Bananas. Fat Free White Milk</b>  <b>Chicken Alfredo wit a Twist</b> <b>Steamed Broccoli</b> <b>WG Hot Breadstick</b> <b>Diced Peaches</b>  <b>WG PBJ Sandwich</b> <b>Grape Juice</b>	<b>11</b> <b>WG French Toast/Syrup</b> <b>Applesauce, Fat Free White Milk</b>  <b>WG Toasted Cheese Sandwich</b> <b>Tomato Soup</b> <b>Celery Sticks with Sunflower Butter</b> <b>WG Goldfish Crackers, Apple Wedges</b>  <b>WG Graham Cracker</b> <b>Fat Free White Milk</b>
<b>14</b> <b>WG Bagel with Jelly</b> <b>Applesauce, Fat Free White Milk</b>  <b>Hamburger on a WG Bun</b> <b>Baked Vegetarian Beans</b> <b>Potato Puffs, Peach Slices</b>  <b>Diced Pears</b> <b>Fat Free White Milk</b>	<b>15</b> <b>WG Rice Chex Cereal</b> <b>Fresh Fruit, Fat free White Milk</b>  <b>WG Popcorn Chicken</b> <b>Romaine Salad with Baby Spinach</b> <b>WG Rice</b> <b>Mandarin Orange Slices</b>  <b>WG Bug Bites</b> <b>Fat free White Milk</b>	<b>16</b> <b>Egg Omelet with WG Toast</b> <b>Orange Wedges, Fat Free White Milk</b>  <b>WG Penne Pasta</b> <b>Meat or Cheese Sauce</b> <b>Caesar Salad, WG Hot Breadstick</b> <b>Apple Wedges</b>  <b>Yogurt</b> <b>Grape Juice</b>	<b>17</b> <b>WG Mini Blueberry Muffin</b> <b>Apple Wedges, Fat free White Milk</b>  <b>WG Chicken Nuggets</b> <b>Steamed Broccoli with Cheese Sauce</b> <b>Baked Potato</b> <b>Pear Slices</b>  <b>American Cheese with WG Crackers</b> <b>Orange Juice</b>	<b>18</b> <b>WG Cheerios</b> <b>Fresh Fruit, Fat Free White Milk</b>  <b>Stuffed Mozzarella Breadsticks</b> <b>Marinara Sauce, Chicken Noodle Soup</b> <b>Roasted Vegetables</b> <b>Fresh Apple</b>  <b>Strawberry Cup</b> <b>Fat free White Milk</b>
<b>21</b> <b>Yogurt with WG Graham Cracker</b> <b>Fat Free White Milk</b>  <b>Meatballs in Red Sauce</b> <b>Penne Pasta, Shredded Mozzarella</b> <b>Tossed Green Salad</b> <b>SideKick frozen Juice Cup</b>  <b>WG Graham Cracker</b> <b>Fat Free White Milk</b>	<b>22</b> <b>Egg Patty on a WG Croissant</b> <b>Orange Wedges, Fat Free White Milk</b>  <b>French Bread Pizza</b> <b>Fresh Veggies: Broccoli, Baby Carrots,</b> <b>Cukes with Dip</b> <b>Broccoli/Cheese Soup, Peach Slices</b>  <b>WG Animal Crackers</b> <b>Fat Free White Milk</b>	<b>23</b> <b>WG Bagel with Jelly</b> <b>Applesauce, Fat Free White Milk</b>  <b>Roasted Turkey /Gravy</b> <b>Mashed Potatoes, Steamed Corn</b> <b>Cranberry Sauce, WG Dinner Roll</b> <b>Ice Cream Cup</b>  <b>WG PBJ Sandwich</b> <b>Fat Free White Milk</b>	<b>24</b> <b>WG Mini Blueberry Muffin</b> <b>Fresh Grapes. Fat Free White Milk</b>  <b>WG Chicken Strips</b> <b>Bowtie Noodles with Cheese Sauce</b> <b>Steamed Broccoli, Diced Pears</b>  <b>WG Goldfish Crackers</b> <b>Apple Juice</b>	<b>25</b> <b>Teacher In-Service</b> <b>No School for Pupils</b>  
<b>28</b> <b>WG Mini Blueberry Muffin</b> <b>Apple Wedges, Fat free White Milk</b>  <b>WG French Toast Sticks</b> <b>With Syrup</b> <b>Hashbrown Patty</b> <b>Warm Apple Slices</b>  <b>American Cheese with WG Crackers</b> <b>Apple Juice</b>	<b>29</b> <b>WG Mini Pancakes</b> <b>Apple Wedges, Fat Free White Milk</b>  <b>Walking Taco with Tortilla chips</b> <b>Lettuce/Cheese, Diced Tomatoes</b> <b>Steamed Corn, Steamed Rice</b> <b>Apple Wedges</b>  <b>Diced Pears</b> <b>Fat Free White Milk</b>	<b>30</b> <b>Yogurt with WG Graham Cracker</b> <b>Fat Free White Milk</b>  <b>Hot Dog on a WG Bun</b> <b>Oven Baked Fries</b> <b>Baked Vegetarian Beans</b> <b>Carrot Sticks/Dip, Mixed Fruit</b>  <b>WG PBJ Sandwich</b> <b>Fat Free White Milk</b>	<b>31</b> <b>Yogurt with WG Graham Cracker</b> <b>Fresh Fruit, Fat Free White Milk</b>  <b>Chicken Fajita in a WG Wrap</b> <b>Diced Tomatoes/Salsa</b> <b>Hashbrown Patty</b> <b>Applesauce</b>  <b>WG Goldfish Crackers</b> <b>Orange Juice</b>	