

# January 2019

## Wallenpaupack Area High School

Menu Subject to Change

### Breakfast Meal Prices:

\$1.95  
Reduced .30  
Milk .50

### Daily Breakfast Offerings

Choice of:  
Assorted Whole Grain Cereals,  
Cereal Bars and Pop Tarts  
Breakfast Sandwiches  
PBJamwiches  
Whole Grain Bagels  
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  
Grab-N-Go Wraps  
Chicken Caesar Salad  
Yogurt Parfait  
PBJamwiches  
Fresh Vegetables  
Assorted Fresh or Canned Fruit

### In Addition to:

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



BUCKHORNS

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:

Meat/Meat Alternative  
Bread/Roll  
Milk



Vegetable  
Fruit

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.

Mon	Tue	Wed	Thu	Fri
		2 WG Rotini Pasta Meat or Cheese Sauce Steamed Broccoli Hot Breadstick Peach Slices	3 WG Breaded Chicken Patty on a Bun Romaine Leaf Cheese/Tomato/Pickles Roasted Redskin Potatoes Steamed Carrots Mixed Fruit	4 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Hummus or Dip Chicken Noodle Soup Apple Wedges
		7 Barbequed Pulled Pork On a WG Bun Curly Fries Baked Vegetarian Beans Baby Carrots/Dip Mandarin Orange Slices	8 Oven Roasted Chicken Mashed Potatoes/Gravy Steamed Green Beans WG Dinner Roll WG Chocolate Chip Cookie	9 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Steamed WG Rice Applesauce/cinnamon
14 Hamburger or Cheese Burger on a WG Bun Romaine Leaf Tomato/Pickles Baked Vegetarian Beans Potato Puffs Peach Slices	15 WG Popcorn Chicken Romaine Salad With Baby Spinach Steamed WG Rice WG Dinner Roll Mandarin Orange Slices	16 Penne Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Pineapple 	17 WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce WG Dinner Roll Pear Slices	18 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Hot Breadstick Mixed Fruit
21 Meatball Hoagie Shredded Mozzarella Twister Fries Roasted Vegetables SideKick Frozen Juice Cup	22 Sicilian Pizza Chicken Noodle Soup Veggies: Broccoli, Baby Carrots, Peppers/Dip Applesauce/Cinnamon	23 Roasted Turkey/Gravy Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Ice Cream Cup	24 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Mixed Fruit	25 Teacher In-Service No School for Pupils
28 French Toast Stick with Syrup Sausage links Warm Apple Slices Hashbrown Patty Juice Cup	29 Hot Dog or Chili Dog On a WG Bun WG Macaroni & Cheese Baby Carrots/Dip Mixed Fruit	30 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Yogurt with Strawberries	31 Chicken Fajita in a Wrap Diced Tomatoes/Salsa Sautéed Peppers & Onions Hashbrown Patty Steamed Corn WG Chocolate Chip Cookie	