

**Wallenpaupack Area
Middle School**

Menu Subject to Change



January 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
<p>1</p> 	<p>2 French Toast Sticks/Syrup Sausage links Warm Apple Slices Hashbrown Patty Juice Cup</p>	<p>3 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Peach Slices</p>	<p>4 WG Breaded Chicken Patty on a Bun Romaine Leaf Cheese/Tomato/Pickles Roasted Redskin Potatoes Steamed Carrots Mixed Fruit</p>	<p>5 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Hummus or Dip Chicken Noodle Soup Apple Wedges</p>
<p>8 Hot Dog or chili dog On a WG bun Oven Baked Fries Baked Vegetarian Beans Baby Carrots/Dip Applesauce/cinnamon</p>	<p>9 WG Chicken Strips Mashed Potatoes/Gravy Steamed Corn WG Dinner Roll Pear Slices</p>	<p>10 Meatball Hoagie Shredded Mozzarella Twister Fries Roasted Vegetables SideKick Frozen Juice Cup</p>	<p>11 Chicken Alfredo with a Twist Steamed Broccoli Hot Breadstick Fruited Gelatin/Topping</p>	<p>12 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks with Peanut Butter Apple Wedges</p>
<p>15 Hamburger or Cheese Burger on a WG Bun Romaine Leaf Tomato/Pickles Baked Vegetarian Beans Potato Puffs Peach Slices</p>	<p>16 WG Popcorn Chicken Romaine Salad With Baby Spinach Steamed WG Rice WG Dinner Roll Mandarin Orange Slices</p>	<p>17 Penne Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Fresh Grapes</p> 	<p>18 WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce WG Dinner Roll Pear Slices</p>	<p>19 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Hot Breadstick Fresh Apple</p>
<p>22 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Steamed WG Rice Applesauce/cinnamon</p>	<p>23 WG Rotini Pasta Meat or Cheese Tossed Salad with Spinach Hot Breadstick Peach Slices</p>	<p>24 Roasted Turkey/Gravy Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Ice Cream Cup</p>	<p>25 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Fresh Grapes</p>	<p>26 Teacher In-Service No School for Pupils</p>
<p>29 Chicken Fajita in a Wrap Diced Tomatoes/Salsa Sautéed Peppers & Onions Hashbrown Patty WG Chocolate Chip Cookie</p>	<p>30 Meatball Hoagie Shredded Mozzarella Twister Fries Roasted Vegetables SideKick Frozen Juice Cup</p>	<p>31 Hot Dog or chili dog On a WG bun Oven Baked Fries Baked Vegetarian Beans Baby Carrots/Dip Peach Slices</p>	<p>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:</p> <p>Meat/Meat Alternative Vegetable Bread/Roll Fruit Milk</p>  <p>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</p>	