

**Wallenpaupack Area
Middle School**

Menu Subject to Change



January 2019

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>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 provider</p>				
<p>7 Pulled Pork BBQ On a WG bun Twister Fries Baked Vegetarian Beans Baby Carrots/Dip Mandarin Orange Slices</p>	<p>8 Oven Roasted Chicken Mashed Potatoes/Gravy Steamed Green Beans WG Dinner Roll Chocolate Chip Cookie</p>	<p>9 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Steamed WG Rice Applesauce/cinnamon</p>	<p>10 Chicken Alfredo with a Twist Steamed Broccoli WG Hot Breadstick Fruited Gelatin/Topping</p>	<p>4 WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Hummus or Dip Chicken Noodle Soup Apple Wedges</p>
<p>14 Chicken Parmesan on a WG Bun Twister Fries Steamed Carrots Mixed Fruit</p>	<p>15 WG Popcorn Chicken Romaine Salad With Baby Spinach Steamed WG Rice WG Dinner Roll Mandarin Orange Slices</p>	<p>16 Penne Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Fresh Grapes</p>	<p>17 WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce WG Dinner Roll Pear Slices</p>	<p>18 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Hot Breadstick Fresh Apple</p>
<p>21 Hamburger or Cheese Burger on a WG Bun Romaine Leaf Tomato/Pickles Baked Vegetarian Beans Potato Puffs Peach Slices</p>	<p>22 WG Rotini Pasta Meat or Cheese Tossed Salad with Spinach Hot Breadstick Applesauce/cinnamon</p>	<p>23 Roasted Turkey/Gravy Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Ice Cream Cup</p>	<p>24 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Fresh Grapes</p>	<p>25 Teacher In-Service No School for Pupils</p>
<p>28 French Toast ticks/Syrup Baked Ham Slices Warm Apple Slices Home Fries Apple or Orange Juice Cup</p>	<p>29 Meatball Hoagie Shredded Mozzarella Twister Fries Roasted Vegetables Sidekick Juice Cup</p>	<p>30 Hot Dog or chili dog On a WG bun Oven Baked Fries Baked Vegetarian Beans Baby Carrots/Dip Peach Slices</p>	<p>31 WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce WG Dinner Roll Pear Slices</p>	