

**Wallenpaupack Area  
South 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  
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:**  
\$2.75  
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**

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 Pear Slices</p>	<p>10 Meatballs in Red Sauce Penne Pasta Shredded Mozzarella Tossed Green Salad Italian Bread Slice 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 Sunflower 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 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 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 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 &amp; Onions Hashbrown Patty WG Chocolate Chip Cookie</p>	<p>30 Meatballs in Red Sauce Penne Pasta Shredded Mozzarella Tossed Green Salad Italian Bread Slice 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>	