

**Wallenpaupack Area  
South School**

*Menu Subject to Change*

**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**

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.

January 2019

Mon	Tue	Wed	Thu	Fri
		2	3	4
		WG Rotini Pasta Meat or Cheese Sauce Steamed Broccoli Hot Breadstick Peach Slices	Chicken Parmesan or Grilled Chicken Patty on WG Bun Oven Baked Potato Fries Steamed Carrots Mixed Fruit	WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Hummus or Dip Chicken Noodle Soup Apple Wedges
7	8	9	10	11
Hot Dog or Chili dog On a WG bun Curly Fries Baked Vegetarian Beans Baby Carrots/Dip Mandarin Oranges	Roasted Chicken Mashed Potatoes/Gravy Steamed Green Beans WG Dinner Roll WG Chocolate Chip Cookie	Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Steamed WG Rice Applesauce/cinnamon	Chicken Alfredo with a Twist Steamed Broccoli Hot Breadstick Fruited Gelatin/Topping	WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks with Sunflower Butter Apple Wedges
14	15	16	17	18
Hamburger or Cheese Burger on a WG Bun Romaine Leaf/Tomato Baked Vegetarian Beans Potato Puffs Peach Slices	WG Popcorn Chicken Romaine Salad With Baby Spinach Steamed WG Rice Mandarin Orange Slices	Penne Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Fresh Grapes	WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce Pear Slices	Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Hot Breadstick Fresh Apple
21	22	23	24	25
Meatballs in Red Sauce Penne Pasta Shredded Mozzarella Tossed Green Salad Italian Bread Slice SideKick frozen juice cup	French Bread Pizza Fresh Veggies: Broccoli, Baby Carrots, Cukes with Dip Broccoli/Cheese Soup Peach Slices	Roasted Turkey/Gravy Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Ice Cream Cup	WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli Fresh Grapes	Teacher In-Service No School for Pupils
28	29	30	31	
French Toast Sticks With Syrup Sausage links Warm Apple Slices Hash Brown Patty Juice Cup	Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn Steamed Rice Apple Wedges	Hot Dog or chili dog On a WG bun Oven Baked Fries Baked Vegetarian Beans Baby Carrots/Dip Peach Slices	Chicken Fajita in a Wrap Diced Tomatoes/Salsa Sautéed Peppers & Onions Hash Brown Patty WG Chocolate Chip Cookie	