

**Wallenpaupack Area
Middle School**

Menu Subject to Change



March 2019

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:
\$3.00
Reduced .40
Milk .50

Adult Lunch Price
\$4.85

Daily Lunch Offerings
Salad Bar
Deli Line
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

Mon	Tue	Wed	Thu	Fri
<p><i>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:</i></p> <p><i>Meat/Meat Alternative Bread/Roll Milk</i> <i>Vegetable Fruit</i></p> <p><i>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.</i></p>				
<p>4 Chili/Tortilla Chips Cheddar/Sour Cream Steamed Corn WG Brown Rice WG Mini Corn Muffin Orange Wedges</p>	<p>5 WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce Peach Slices</p>	<p>6 <i>Apple Crunch Day</i> Toasted Cheese Sandwich Fish Sticks Tomato Soup WG Goldfish Crackers Celery Sticks/Peanut Butter Apple Wedges</p>	<p>7 WG Breaded Chicken Patty on a WG Bun Lettuce/Tomato/Cheese Roasted Redskin Potatoes Steamed Broccoli Cheese Sauce Apple Wedges</p>	<p>1 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad Italian Bread Slice Pear Slices</p>
<p>11 Hamburger or Cheese Burger on a WG Bun Romaine/Tomato/Pickles Baked Vegetarian Beans Mixed Vegetables Oven Baked Fries Peach Slices</p>	<p>12 WG Breaded Chicken Mashed Potatoes/gravy Steamed Carrots WG Dinner Roll Cranberry Sauce Applesauce/Cinnamon</p>	<p>13 Meatball Hoagie Shredded Mozzarella Twister Fries Baby Carrots and Dip SideKick Frozen Juice Cup</p>	<p>14 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Mixed Fruit</p>	<p>8 Sicilian Pizza Chicken Noodle Soup Veggies: Broccoli, Baby Carrots, Peppers/Dip Fruited Gelatin/Topping</p> <p>15 Wedge Pizza Caesar Salad Teddy Grahams Pear Slices</p>
<p>18 WG French Toast Sticks Baked Ham Slices Home Fries Warm Apple Slices Yogurt with Strawberries</p>	<p>19 WG Popcorn Chicken Romaine Salad with Spinach Couscous Confetti Salad WG Dinner Roll Craisins Fresh Apple</p>	<p>20 Penne Pasta Meat or Cheese Caesar Salad WG Hot Breadstick Peach Slices</p>	<p>21 Roasted Turkey/Gravy Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Ice Cream Cup</p>	<p>22 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Apple Wedges</p>
<p>25 Walking Taco With Tortilla Chips Lettuce/Cheese Diced Tomatoes/Salsa Steamed Corn WG Brown Rice Orange Wedges</p>	<p>26 WG Chicken Nuggets Macaroni & Cheese Fresh Veggies: Broccoli, Peppers, Cucumber/Dip Applesauce/cinnamon</p>	<p>27 Hot Dog or chili dog On a WG bun Hashbrown Patty Baked Vegetarian Beans Baby Carrots/Dip Peach Slices</p>	<p>28 Hamburger or Cheese Burger on a WG Bun Romaine/Tomato/Pickles Steamed Carrots Potato Puffs SideKick Frozen Juice Cup</p>	<p>29 Wedge Pizza Caesar Salad Teddy Grahams Pear Slices</p>

