

**Wallenpaupack Area  
South 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:**  
\$2.80  
Reduced .40  
Milk .50

**Adult Lunch Price**  
\$4.85

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