

Menu is Subject to Change



Wallenpaupack South School Head Start
Breakfast, Lunch & Snack
This Institution is an equal opportunity employer



November 2017

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>Egg Omelet Orange Sections, Fat Free White Milk</p> <p>WG Penne Pasta Meat or Cheese Sauce Caesar Salad WG Bread Slice, Peach</p> <p>Yogurt Grape Juice</p>	<p>2</p> <p>WG Cheerios Banana, Fat Free White Milk</p> <p>Chicken nuggets Mashed Potatoes/Gravy Steamed Green Beans, Cranberry Sauce WG Dinner Roll, Homemade Cookie</p> <p>Diced Peaches Fat Free White Milk</p>	<p>2</p> <p>WG Bagel with Cream Cheese Fat Free White Milk</p> <p>Walking Taco: Tortilla Chips, Lettuce/cheese cup, Salsa Diced tomatoes, Corn, Rice Fuji Apple</p> <p>WG Graham Cracker Fat Free White Milk</p>
<p>6</p> <p>Yogurt with Raisins Fat Free White Milk</p> <p>WG French Toast/Syrup Baked Ham Slice, Warm Apple Slices Home Fries</p> <p>WG Goldfish Crackers Grape Juice</p>	<p>7</p> <p>Egg Patty on a WG Croissant Orange Wedges, Fat Free White Milk</p> <p>WG Chicken Strips Bowtie Noodles/Cheese Sauce Steamed Broccoli, Pear Slices</p> <p>Animal Crackers Fat Free White Milk</p>	<p>8</p> <p>WG Rice Chex Cereal Orange Juice, Fat free White Milk</p> <p>Meatballs in Red Sauce Spaghetti Tossed Green Salad Sidekick frozen juice cup</p> <p>American Cheese with WG Crackers Fat free White Milk</p>	<p>9</p> <p>Yogurt with Raisins Fat Free White Milk</p> <p>Pulled Pork BBQ on a WG Bun Coleslaw, Hashbrown Patty, Pineapple Tidbits</p> <p>WG Rice Krispie Treat Orange Juice</p>	<p>10</p> <p>WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk</p> <p>WG Toasted Cheese Sandwich Tomato Soup Celery Sticks with Sunflower Butter Apple Wedges</p> <p>WG Goldfish Crackers Fat Free White Milk</p>
<p>13</p> <p>WG Cheerios Grape Juice, Fat Free White Milk</p> <p>Chicken Stir Fry WG Rice, Sauteed Vegetables Mini Egg Roll Mandrin Orange Slices</p> <p>WG Teddy Grahams Fat Free Milk</p>	<p>14</p> <p>Centers Closed Home Visit Day</p>	<p>15</p> <p>WG Corn Flakes Orange Juice, Fat free White Milk</p> <p>WG Chicken Nuggets Baked Potato, Steamed Broccoli Cheese Sauce Pear Slices</p> <p>WG PBJ Jamwiches Fat Free White Milk</p>	<p>16</p> <p>Egg Omelet Orange Sections. Fat Free White Milk</p> <p>Roast Turkey/Gravy Mashed Potatoes, Steamed Corn Cranberry Sauce, WG Dinner Roll Ice Cream Cup</p> <p>Yogurt Apple Juice</p>	<p>17</p> <p>WG Mini Blueberry Muffin Grapes, Fat free White Milk</p> <p>Wedge Pizza Southwestern White Bean Soup Veggies: Broccoli, Baby Carrots, Peppers Apple Wedges Mixed Fruit Fat Free Milk</p>
<p>20</p> <p>WG Mini Pancakes Apple Wedges, Fat Free White Milk</p> <p>Hot Dog on a WG Bun Oven Baked Fries Baked Vegetarian Beans Mixed Fruit</p> <p>Baby Carrots/Dip Fat Free White Milk</p>	<p>21</p> <p>WG Rice Chex Cereal Fresh Fruit, Fat Free White Milk</p> <p>No Lunch Served Early Dismissal</p>	<p>22</p> <p>WG Cheerios Grape Juice, Fat Free White Milk</p> <p>No Lunch Served Early Dismissal</p>	<p>23</p> <p>Thanksgiving Recess School Closed</p>	<p>24</p> <p>Thanksgiving Recess School Closed</p>
<p>27</p> <p>Thanksgiving Recess School Closed</p>	<p>28</p> <p>WG Corn Flakes Orange Juice, Fat free White Milk</p> <p>Mini Pancakes Hash brown Patty Vanilla Yogurt/fruit</p> <p>Mixed Fruit Fat Free White Milk</p>	<p>29</p> <p>Egg Patty on a WG Croissant Orange Wedges, Fat Free White Milk</p> <p>Hamburger on a WG Bun Baked Vegetarian Beans Potato Puffs, Peach Slices</p> <p>Animal Crackers Fat Free White Milk</p>	<p>30</p> <p>Mini Corn Dogs Apple Juice, Fat Free White Milk</p> <p>WG Chicken Strips Mashed Potatoes/Gravy, Steamed Corn Homemade Cookie</p> <p>Apple Wedges, Sunflower Butter Fat Free White Milk</p>	