

**Wallenpaupack Area
High School**

Menu Subject to Change

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:

\$2.95

Reduced .40

Milk .50

Adult Lunch Price

\$4.75

Daily Lunch Offerings

Salad Bar

Grab-N-Go Wraps

Chicken Caesar Salad

Yogurt Parfait

PBJamwiches

Fresh Vegetables

Assorted Fresh or Canned Fruit


In Addition to:

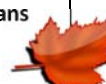
1% White, Fat-Free White,

Chocolate or Strawberry



November 2017

Mon	Tue	Wed	Thu	Fri
<p>STOP </p> <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.</i> <i>This Institution is an equal opportunity employer</i></p>		<p>1 Penne Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Frozen Strawberry Cup</p>	<p>2 WG Breaded Chicken Mashed Potatoes/gravy Steamed Green Beans Cranberry Sauce WG Dinner Roll Homemade Cookie</p>	<p>3 Walking Taco Tortilla Chips Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn Steamed Rice Fuji Apple</p>
<p>6 French Toast Sticks Sausage links Warm Apple slices/syrup Home Fries Juice Cup</p>	<p>7 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Diner Roll Pear Slices</p>	<p>8 Meatball Hoagie Shredded Mozzarella Twister Fries Baby Carrots/Dip SideKick frozen juice cup</p>	<p>9 WG Breaded Chicken Patty on a Bun Roasted Redskin Potatoes Steamed Carrots Mixed Fruit</p>	<p>10 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks With Peanut Butter Applesauce/Cinnamon</p>
<p>13 Chicken Stir Fry WG Rice Sautéed Vegetables Mini Egg Roll Mandarin Orange Slices</p>	<p>14 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Peach Slices</p>	<p>15 WG Chicken Nuggets Baked Potato Steamed Broccoli Cheese Sauce WG Dinner Roll Pear Slices</p>	<p>16 Roasted Turkey/Gravy Mashed Potatoes Steamed Corn Cranberry Sauce WG Dinner Roll Ice Cream Cup</p>	<p>17 Wedge Pizza Southwestern White Bean Soup Veggies: Broccoli, Baby Carrots, Peppers/Dip Apple Wedges</p>
<p>20 Hot Dog or chili dog On a WG bun Oven Baked Fries Baked Vegetarian Beans Carrot Sticks/Dip Mixed Fruit</p>	<p>21 Parent Conferences Early Dismissal for Students Breakfast Served No Lunch Served</p>	<p>Early Dismissal for Students Breakfast Served No Lunch Served</p>	<p>23 Thanksgiving Recess School Closed</p>	<p>24 Thanksgiving Recess School Closed</p>
<p>27 Thanksgiving Recess School Closed</p>	<p>28 Pillsbury Mini Pancakes Hash brown patty Vanilla yogurt and fruit Juice Cup</p>	<p>29 Hamburger or Cheese Burger on a WG Bun Romaine Leaf Tomato/Pickles Baked Vegetarian Beans Potato Puffs Peach Slices</p>	<p>30 WG Chicken Strips Mashed Potatoes/Gravy Steamed Corn WG Dinner Roll Chilled Pear Slices</p>	



BUCKHORNS