

**Wallenpaupack Area
Middle School**

Menu Subject to Change



November 2017

Breakfast Meal Prices:
 \$1.95
 Reduced .30
 Milk .50

Daily Breakfast Offerings
 Choice of:
 Assorted Whole Grain Cereals,
 Cereals Bars, or Pop Tarts
 Yogurt Parfait 12oz
 Whole Grain Bagels
 Whole Grain Muffins
 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
 Deli Sandwiches
 Chicken Caesar Salad
 Yogurt Parfait 16oz
 PBJamwiches
 Fresh Vegetables
 Assorted Fresh or Canned Fruit

1% White, Fat-Free White,
 Chocolate or Strawberry



BUCKHORNS

| 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</i> <i>Vegetable</i> <i>Bread/Roll</i> <i>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> This Institution is an equal opportunity employer</p> | | <p>1 Penne Pasta Meat or Cheese Sauce Caesar Salad Hot Breadstick Peach Slices</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 Homemade Cookie</p> | |

