

**Wallenpaupack Area
South 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
Whole Grain Muffins
Whole Grain Bagels
Assorted Fresh or Canned Fruit
Or Hot Items 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:
\$2.75
Reduced .40
Milk .50

Adult Lunch Price
\$4.75



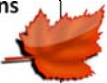



Daily Lunch Offerings

Chicken Caesar Salad
Yogurt Parfait
Yogurt
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.</i> <i>This Institution is an equal opportunity employer</i></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 Baked Ham Slice Warm Apple slices/syrup Home Fries Juice Cup</p>	<p>7 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli Pear Slices</p>	<p>8 Meatballs in Red Sauce Rotini Pasta Shredded Mozzarella Tossed Green Salad Italian Bread Slice 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 Homemade Cookie</p>	