

Menu is Subject to Change



# Wallenpaupack South School Head Start & Pre-K

## Breakfast, Lunch & Snack

*This Institution is an equal opportunity employer*

# October 2017

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>WG Mini Pancakes Apple Wedges, Fat Free White Milk</p> <p>French Toast Sticks Sausage Link, Home Fries Blueberry Compote, Orange Wedges</p> <p>WG Goldfish Crackers Apple Juice</p>	<p>3</p> <p>WG Cheerios Grape Juice, Fat Free White Milk</p> <p>WG Chicken Nuggets Steamed Broccoli, Cheese Sauce Baked or Sweet Potato WG Diner roll, Mixed Fruit</p> <p>Animal Crackers Fat Free White Milk</p>	<p>4</p> <p>WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk</p> <p>WG Penne Pasta Meat or Cheese Sauce Caesar Salad, WG Hot Breadstick Peach Cup</p> <p>WG Mini Blueberry Muffin Fat free White Milk</p>	<p>5</p> <p>Yogurt with Fruit Fat Free White Milk</p> <p>WG Breaded Chicken Mashed Potatoes/Gravy Steamed Peas, WG Dinner Roll Strawberry Cup</p> <p>American Cheese with WG Crackers Orange Juice</p>	<p>6</p> <p>WG Rice Krispie Cereal Fresh Fruit, Fat free White Milk</p> <p>WG Wedge Pizza Romaine Salad with Spinach and Protein Packed Chic Peas Vegetable Soup, Applesauce/cinnamon</p> <p>WG Graham Cracker Fat free White Milk</p>
<p>9</p> <p>Teacher-in-Service No School for Pupils</p> 	<p>10</p> <p>WG Bagel with Cream Cheese Fresh Grapes, Fat Free White Milk</p> <p>WG Breaded Chicken Patty on a WG Bun Potato Puffs, Steamed Carrots Peach Slices</p> <p>WG Bagel with Cream Cheese Fat Free White Milk</p>	<p>11</p> <p>WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk</p> <p>Hamburger or Cheese Burger on a WG Bun Romaine, Tomato, Hashbrown Patty Baked Vegetarian Beans, Pineapple Tidbits</p> <p>WG Mini Blueberry Muffin Fat free White Milk</p>	<p>12</p> <p>Yogurt with Fruit Fat Free White Milk</p> <p>WG Chicken Strips Bowtie Noodles, Cheese Sauce Steamed Broccoli Mixed Fruit</p> <p>American Cheese with WG Crackers Orange Juice</p>	<p>13</p> <p><b>Centers Closed Home Visit Day</b></p>
<p>16</p> <p>WG Breakfast Pizza Applesauce, Fat Free White Milk</p> <p>Chicken Fajita, Tortilla Wrap Romaine/Cheese Cup, Diced Tomatoes Potato Puffs, WG Chocolate Chip Cookie</p> <p>WG Cereal Bar Fat Free White Milk</p>	<p>17</p> <p>WG French Toast/Syrup Peach Slices, Fat Free White Milk</p> <p>WG Chicken Nuggets Steamed Broccoli, Cheese Sauce Baked Potato WG Dinner Roll, Pear Slices</p> <p>WG Goldfish Crackers Apple Juice</p>	<p>18</p> <p>WG Corn Flakes Orange Juice, Fat free White Milk</p> <p>WG Rotini Pasta Meat or Cheese Sauce Caesar Salad, WG Hot Breadstick Mandarin Orange Slices</p> <p>Yogurt Grape Juice</p>	<p>19</p> <p>WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk</p> <p>WG Popcorn Chicken Romaine Salad with Spinach Couscous Confetti Salad WG Dinner Roll, Peach Slices</p> <p>Animal Crackers Fat Free White Milk</p>	<p>20</p> <p><b>Centers Closed Home Visit Day</b></p>
<p>23</p> <p>WG Cheerios Orange Wedges, Fat Free White Milk</p> <p>Taco on a Hard Shell Steamed Corn, WG Rice &amp; Black Beans Fresh Apple</p> <p>American Cheese with WG Crackers Orange Juice</p>	<p>24</p> <p>WG Mini Pancakes Apple Wedges, Fat Free White Milk</p> <p>WG Chicken Strips Bowties Noodles Steamed Green Beans WG Dinner Roll, Peach Crisp/Topping</p> <p>WG Cereal Bar Fat Free White Milk</p>	<p>25</p> <p>Hot Ham &amp; Cheese / WG Croissant Pear Slices, Fat Free White Milk</p> <p>WG Toasted Cheese Sandwich Tomato Soup, WG Goldfish Crackers Celery with Sunflower Butter, Oranges</p> <p>WG Teddy Grahams Grape Juice</p>	<p>26</p> <p>WG Sausage Pancake on a Stick Orange Juice, Fat free White Milk</p> <p>WG Breaded Chicken Patty on a WG Bun Roasted Redskin Potatoes Roasted Veggies Fresh Grapes</p> <p>WG Mini Blueberry Muffin Fat free White Milk</p>	<p>27</p> <p>Yogurt with Fruit Fat Free White Milk</p> <p>Pizza, Cheese or Pepperoni on WG Crust Veggies: Broccoli, Baby Carrots, Peppers/Hummus, Apples Wedges</p> <p>WG Graham Cracker Fat Free White Milk</p>
<p>30</p> <p>WG Cereal Fresh Fruit, Fat free White Milk</p> <p>Hot Dog on a WG Bun Potato Puffs, Carrot Sticks/Dip Spooky Sundae</p> <p>WG Rice Krispy Treat Fat free White Milk</p>	<p>31</p> <p>WG Bagel with Cream Cheese Fresh Grapes, Fat Free White Milk</p> <p>WG Wedge Pizza Romaine Salad with Spinach and Protein Packed Chic Peas Chicken Noodle Soup, Applesauce</p> <p>WG Bagel with Cream Cheese Fat Free White Milk</p>			