

**Fall is Here!**



**October 2017**

**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



**BUCKHORNS**

| Mon   | Tue  | Wed   | Thu  | Fri   |                              |                  |                   |              |             |  |
|---|--|---|--|---|------------------------------|------------------|-------------------|--------------|-------------|--|
| <p>2 French Toast Sticks<br/>Blueberry Compote<br/>Sausage Patty<br/>Home Fries<br/>Orange Wedges</p>   | <p>3 WG Chicken Nuggets<br/>Steamed Broccoli<br/>Cheese Sauce<br/>Baked or Sweet Potato<br/>WG Dinner Roll<br/>Mixed Fruit</p>                   | <p>4 Penne Pasta<br/>Meat or Cheese Sauce<br/>Caesar Salad<br/>WG Hot Breadstick<br/>Peach Cup</p>  | <p>5 WG Breaded Chicken<br/>Mashed Potatoes/gravy<br/>Steamed Peas<br/>WG Dinner Roll<br/>Cranberry Sauce<br/>Cantaloupe Slice</p>   | <p>6 WG Wedge Pizza<br/>Romaine Salad<br/>With Spinach and<br/>Protein Packed Chic Peas<br/>Vegetable Soup<br/>Applesauce/cinnamon</p>                  |                              |                  |                   |              |             |  |
| <p>9 Teacher-in-Service<br/>No School for Pupils</p>                                 | <p>10 Breaded Chicken Patty<br/>On a WG Bun<br/>Romaine Leaf<br/>Cheese/Tomato/Pickles<br/>Potato Puffs<br/>Steamed Carrots<br/>Peach Slices</p> | <p>11 Hamburger or Cheese<br/>Burger On a WG Bun<br/>Romaine/Tomato/Pickles<br/>Baked Vegetarian Beans<br/>Oven Fries<br/>Pineapple Tidbits</p>  | <p>12 WG Chicken Strips<br/>Bowtie Noodles<br/>Cheese Sauce<br/>Steamed Broccoli<br/>WG Dinner Roll<br/>Mixed Fruit</p>  | <p>13 WG Toasted<br/>Cheese Sandwich<br/>Tomato Soup<br/>WG Goldfish Crackers<br/>Celery Sticks<br/>With Peanut Butter<br/>Fruited gelatin</p>          |                              |                  |                   |              |             |  |
| <p>16 Chicken Fajita<br/>Tortilla Wrap<br/>Romaine/Cheese Cup<br/>Diced tomatoes/Salsa<br/>Sauted onions/peppers<br/>Hashbrown patty<br/>WG Chocolate Chip Cookie</p> | <p>17 WG Chicken Nuggets<br/>Steamed Broccoli<br/>Cheese Sauce<br/>Baked Potato<br/>WG Dinner Roll<br/>Pear Slices</p>                           | <p>18 Rotini Pasta<br/>Meat or Cheese Sauce<br/>Caesar Salad<br/>WG Hot Breadstick<br/>Mandarin Orange Slices</p>                               | <p>19 WG Popcorn Chicken<br/>Romaine Salad<br/>With Spinach<br/>Couscous Confetti Salad<br/>WG Dinner Roll<br/>Peach Slices</p>  | <p>20 Sicilian Pizza<br/>Minestrone Soup<br/>Veggies: Broccoli, Baby<br/>Carrots, Peppers/Dip<br/>Apple Wedges</p>                                      |                              |                  |                   |              |             |  |
| <p>23 Taco, Choice of Hard<br/>or Soft Shell<br/>Lettuce/cheese cup<br/>Diced Tomatoes/Salsa<br/>Steamed Corn<br/>WG Rice &amp; Black Beans<br/>Fresh Fruit</p>       | <p>24 WG Chicken Strips<br/>Bowtie Noodles<br/>Steamed Green Beans<br/>WG Dinner Roll<br/>Peach Crisp/Topping</p>                                | <p>25 WG Toasted<br/>Cheese Sandwich<br/>Tomato Soup<br/>WG Goldfish Crackers<br/>Celery Sticks<br/>With Peanut Butter<br/>Orange Wedges</p>  | <p>26 Breaded Chicken Patty<br/>On a WG Bun<br/>Romaine Leaf<br/>Cheese/Tomato/Pickles<br/>Roasted Redskin Potatoes<br/>Roasted Vegetable Medley<br/>Fresh Grapes</p>  | <p>27 Meatball Hoagie<br/>Shredded Mozzarella<br/>Twister Fries<br/>Fresh Veggies: Baby carrots,<br/>Broccoli, Cucumbers/Ranch<br/>Frozen Juice Cup</p> |                              |                  |                   |              |             |  |
| <p>30 Hot Dog or chili dog<br/>On a WG bun<br/>Oven Baked Fries<br/>Baked Vegetarian Beans<br/>Carrot Sticks/Dip<br/>Spooky Sundae</p>                                | <p>31 WG Wedge Pizza<br/>Romaine Salad<br/>With Spinach and<br/>Protein Packed Chic Peas<br/>Chicken Noodle Soup<br/>Applesauce/cinnamon</p>     |    | <p><i>Students choose at least 3 of the 5 items listed to qualify as a<br/>Lunch, 1 item MUST be 1/2 cup fruit or vegetable:</i></p> <table border="0"> <tr> <td><i>Meat/Meat Alternative</i></td> <td><i>Vegetable</i></td> </tr> <tr> <td><i>Bread/Roll</i></td> <td><i>Fruit</i></td> </tr> <tr> <td><i>Milk</i></td> <td></td> </tr> </table> <p><i>Lunch prices for "Paid" students had to increase \$ .10<br/>to abide by the "meal price equity" law.<br/>This Institution is an equal opportunity employer</i></p> |   | <i>Meat/Meat Alternative</i> | <i>Vegetable</i> | <i>Bread/Roll</i> | <i>Fruit</i> | <i>Milk</i> |  |
| <i>Meat/Meat Alternative</i>  | <i>Vegetable</i>   |   |  |   |                              |                  |                   |              |             |  |
| <i>Bread/Roll</i>   | <i>Fruit</i>   |   |  |   |                              |                  |                   |              |             |  |
| <i>Milk</i>   |  |   |  |   |                              |                  |                   |              |             |  |