

Fall is Here!



October 2017

**Wallenpaupack Area
Middle School**

Menu Subject to Change

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 Line
Chicken Caesar Salad
Yogurt Parfait 16oz
PBJamwiches
Fresh Vegetables
Assorted Fresh or Canned Fruit

1% White, Fat-Free White,



BUCKHORNS

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|--|
| 2 French Toast Sticks Blueberry Compote Baked Ham Slice Home Fries Orange Wedges | 3 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Mixed Fruit | 4 Penne Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Peach Cup | 5 WG Breaded Chicken Mashed Potatoes/gravy Steamed Corn WG Dinner Roll Fruit Crisp/Topping | 6 WG Wedge Pizza Romaine Salad With Spinach and Protein Packed Chic Peas Vegetable Soup Applesauce/cinnamon |
| 9 Teacher-in-Service No School for Pupils | 10 Breaded Chicken Patty On a WG Bun Romaine Leaf Cheese/Tomato/Pickles Potato Puffs Steamed Carrots Peach Slices | 11 Hamburger or Cheese Burger on a WG Bun Romaine/Tomato/Pickles Baked Vegetarian Beans Oven Baked Fries Pineapple Tidbits | 12 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Mixed Fruit | 13 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks With Peanut Butter Fruited Gelatin/Topping |
| 16 Chicken Fajita Tortilla Wrap Romaine/Cheese Cup Diced Tomatoes/Salsa Sautéed Onions/Peppers Hashbrown Patty WG Chocolate Chip Cookie | 17 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked Potato WG Dinner Roll Pear Slices | 18 Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Mandarin Orange Slices | 19 WG Popcorn Chicken Romaine Salad With Spinach Couscous Confetti Salad WG Dinner Roll Peach Slices | 20 Pizza, Cheese Or Pepperoni on WG Crust Minestrone Soup Veggies: Broccoli, Baby Carrots, Peppers/Dip Apple Wedges |
| 23 Taco, Choice of Hard or Soft Shell Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn WG Rice & Black Beans Fresh Fruit | 24 WG Chicken Strips Bowtie Noodles Steamed Green Beans WG Dinner Roll Peach Crisp/Topping | 25 Meatball Hoagie Shredded Mozzarella Twister Fries Fresh Veggies: Baby carrots, Broccoli, Cucumbers/Ranch Frozen Juice Cup | 26 Breaded Chicken Patty On a WG Bun Romaine Leaf Cheese/Tomato/Pickles Roasted Redskin Potatoes Roasted Vegetable Medley Fresh Grapes | 27 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks With Peanut Butter Orange Wedges |
| 30 Hot Dog or Chili Dog On a WG Bun Oven Baked Fries Baked Vegetarian Beans Carrot Sticks/Dip Spooky Sundae | 31 WG Wedge Pizza Romaine Salad With Spinach and Protein Packed Chic Peas Chicken Noodle Soup Applesauce/cinnamon | | | |



*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>Meat/Meat Alternative</i> | <i>Vegetable</i> |
| <i>Bread/Roll</i> | <i>Fruit</i> |
| <i>Milk</i> | |

*Lunch prices for "Paid" students had to increase \$.10
to abide by the "meal price equity" law.*

This Institution is an equal opportunity employer