

Fall is Here!



October 2017

**Wallenpaupack Area
North Intermediate School**

Menu Subject to Change

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





Deli Line
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							
	2 French Toast Sticks Blueberry Compote Baked Ham Slices Home Fries Orange Wedges	3 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato Mixed Fruit	4 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Peach Cup	5 WG Breaded Chicken Mashed Potatoes/gravy Steamed Peas 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 Steamed Carrots Baked Vegetarian Beans Potato Puffs Peach Slices 	12 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli Mixed Fruit	13 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks With Sunflower Butter Orange Wedges							
	16 Chicken Fajita Tortilla Wrap Romaine/Cheese Cup Diced Tomatoes/Salsa Sauted Onions/Peppers Hash brown Patty WG Chocolate Chip Cookie	17 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked Potato 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 Mixed Fruit	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 Peach Crisp/Topping	25 Meatballs in Red Sauce Rotini Pasta Shredded Mozzarella Tossed Green Salad Italian Bread Slice 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 Sunflower 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				<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> <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 to abide by the "meal price equity" law.</i></p> <p><i>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>	
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