

Fall is Here!



**Wallenpaupack Area
South Elementary School**

October 2017

Menu Subject to Change

Breakfast Meal Prices:

\$1.95

Reduced .30

Milk .50

Breakfast Offerings

Choice of:

Assorted Whole Grain Cereals

Whole Grain Muffins

Whole Grain Bagels

Yogurt

Assorted Fresh or Canned Fruit

Or Hot Item of the Day

In Addition to:

100% Fruit Juice

1% White, Fat-Free White,
or Chocolate

*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

PBJamwiches

Fresh Vegetables





Assorted Fresh or Canned Fruit

In Addition to:

1% White, Fat-Free White,
or Chocolate



BUCKHORNS

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