



**Wallenpaupack South Elementary**  
**Head Start & Pre-K Breakfast, Lunch & Snack**  
*This Institution is an equal opportunity employer*



September 2017

Mon	Tue	Wed	Thu	Fri
				<p>1 No School for Pupils</p>
<p>4 <b>Labor Day School Closed</b></p>	<p>5 WG Cheerios Grape Juice, Fat Free White Milk</p> <p>WG Wedge Pizza Romaine Salad with Spinach and Protein Packed Chic Peas Sidekick Juice Cup</p> <p>WG Animal Crackers Fat Free White Milk</p>	<p>6 WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk</p> <p>Hot Dog on a WG Bun Hashbrown Patty</p> <p><b>Farm Fresh Roasted Corn on the Cobb</b> <b>Farm Fresh Watermelon</b></p> <p>WG Mini Blueberry Muffin Fat free White Milk</p>	<p>7 Yogurt with WG Graham Cracker Fresh Fruit, Fat Free White Milk</p> <p>WG Penne Pasta Meat or Cheese Sauce Tossed Salad Hot Breadstick, Peach Slices</p> <p>American Cheese with WG Crackers Orange Juice</p>	<p>8 WG Rice Krispy Cereal Orange Juice, Fat free White Milk</p> <p>WG Chicken Nuggets Steamed Broccoli, Cheese Sauce Baked or Sweet Potato Pear Slices</p> <p>WG Teddy Grahams Fat free White Milk</p>
<p>11 WG Mini Pancakes Apple Wedges, Fat Free White Milk</p> <p>Taco on a Soft or Hard Shell Steamed Corn, WG Rice &amp; Black Beans Orange Wedges</p> <p>WG PBJ Sandwich Fat Free White Milk</p>	<p>12 WG Bagel with Cream Cheese Fresh Grapes, Fat Free White Milk</p> <p>WG Chicken Strips Bowtie Noodles with Cheese Sauce Steamed Broccoli, Peach Slices</p> <p>WG Bagel with Cream Cheese Fat Free White Milk</p>	<p>13 WG Corn Flakes Orange Juice, Fat free White Milk</p> <p>WG Rotini Pasta Meat or Cheese Sauce Garden Salad, Hot Breadstick</p> <p><b>Farm Fresh Watermelon</b></p> <p>Yogurt/Grape Juice</p>	<p>14 WG Sausage on Stick Orange Wedges. Fat Free White Milk</p> <p>WG Popcorn Chicken Romaine Salad with Baby Spinach Couscous Confetti Salad Fruited Gelatin/Topping</p> <p>American Cheese with WG Crackers Apple Juice</p>	<p>15 Yogurt with WG Graham Cracker Fresh Fruit, Fat Free White Milk</p> <p>WG Toasted Cheese Sandwich Tomato Soup, WG Goldfish Crackers Celery /Sunflower Butter, Applesauce</p> <p>WG Graham Cracker Fat Free White Milk</p>
<p>18 WG Cheerios Grape Juice, Fat Free White Milk</p> <p>Hamburger on a WG Bun Baked Vegetarian Beans Potato Puffs, Peach Slices</p> <p>WG Cereal Bar Fat Free White Milk</p>	<p>19 WG French Toast/Syrup Applesauce, Fat Free White Milk</p> <p>WG Chicken Nuggets Roasted Redskin Potatoes</p> <p><b>Farm Fresh Green Beans</b> Blueberry Crisp/Topping</p> <p>WG Goldfish Crackers/Apple Juice</p>	<p>20 Egg Omelet Orange Wedges, Fat Free White Milk</p> <p>Chili/Tortilla chips &amp; Cheddar/Sour Cream Carrot Sticks/Dip</p> <p>WG Mini Corn Muffin, Orange Wedges</p> <p>American Cheese with WG Crackers Orange Juice</p>	<p>21 WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk</p> <p>Chicken Stir Fry, WG Brown Rice Sautéed Vegetables, Mini Egg Roll Mandarin Orange Slices</p> <p>WG Mini Blueberry Muffin Fat free White Milk</p>	<p>22 WG Rice Krispy Cereal Orange Juice, Fat free White Milk</p> <p>Sicilian Pizza Caesar Salad, WG Teddy Grahams Mixed Fruit</p> <p>WG Animal Crackers Fat free White Milk</p>
<p>25 WG Sausage on a Stick Fresh Grapes, Fat Free White Milk</p> <p>WG Breaded Chicken Patty on a WG Bun Oven Baked Fries, Steamed Peas Apple Wedges</p> <p>WG Bagel with Cream Cheese Fat Free White Milk</p>	<p>26 WG Mini Pancakes Apple Wedges, Fat Free White Milk</p> <p>Hot Dog on a WG Bun</p> <p><b>Farm Fresh Roasted Corn on the Cobb</b> Carrot Sticks/Dip Peach Slices</p> <p>WG PBJ Sandwich Fat Free White Milk</p>	<p>27 Egg Patty on a WG Croissant Orange Wedges, Fat Free White Milk</p> <p>WG Popcorn Chicken Romaine Salad with/Spinach and Chic Peas WG Rice Applesauce/Cinnamon</p> <p>WG Teddy Grahams Grape Juice</p>	<p>28 Yogurt with WG Graham Cracker Fresh Fruit, Fat Free White Milk</p> <p>Chicken Alfredo with a Twist Summer Tomato &amp; Corn Salad Steamed Broccoli, Italian Bread Slice Pear Slices</p> <p>American Cheese with WG Crackers Orange Juice</p>	<p>29 WG Rice Krispie Cereal Fresh Fruit, Fat free White Milk</p> <p>Breaded Mozzarella Cheese Sticks Marinara Sauce Roasted Vegetables <b>Farm Fresh Apple</b></p> <p>WG Mini Blueberry Muffin Fat free White Milk</p>