

**Wallenpaupack Area  
High School**

*Menu Subject to Change*



# September 2017

**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><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> <p><i>Meat/Meat Alternative Bread/Roll Milk</i></p> <p><i>Vegetable Fruit</i></p> <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>				1 School Closed
4 Labor Day School Closed 	5 WG Wedge Pizza Romaine Salad with Baby Spinach Protein Packed Chic Peas Sidekick Juice Cup	6 Hot Dog or chili dog On a WG bun Hashbrown Patty Farm Fresh Roasted Corn on the Cobb Farm Fresh Watermelon	7 Penne Pasta Meat or Cheese Sauce Tossed Salad Hot Breadstick Peach Slices 	8 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Pear Slices
11 Taco, Choice of Hard or Soft Shell Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn WG Rice & Black Beans Orange Wedges	12 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Peach Slices	13 Rotini Pasta Meat or Cheese Sauce Garden Salad Hot Breadstick Farm Fresh Watermelon	14 WG Popcorn Chicken Romaine Salad with Baby Spinach Couscous Confetti Salad WG Dinner Roll Fruited Gelatin/Topping	15 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery with Peanut Butter Applesauce/cinnamon
18 Hamburger or Cheese Burger on a WG bun Romaine /Tomato/Pickles Baked Vegetarian Beans Potato Puffs Peach Slices	19 WG Chicken Nuggets Roasted Redskin Potatoes Farm Fresh Green Beans WG Dinner Roll Blueberry Crisp/Topping	20 Chili/Tortilla chips Cheddar/Sour Cream Carrot Sticks/Dip Mini Corn Muffin Orange Wedges	21 Chicken Stir Fry WG Rice Sautéed Vegetables Mini Egg Roll Mandarin Orange Slices	22 Sicilian Pizza Caesar Salad Teddy Grahams Mixed Fruit
25 WG Breaded Chicken Patty on a Bun Romaine leaf Tomato/Cheese/Pickles Oven Baked Fries Steamed Peas Apple Wedges	26 Hot Dog or chili dog on a WG Bun Farm Fresh Roasted Corn on the Cobb Carrot Sticks/Dip Peach Slices	27 WG Popcorn Chicken Romaine Salad with Baby Spinach Protein Packed Chic Peas WG Rice WG Dinner Roll Applesauce/cinnamon	28 Chicken Alfredo with a Twist Summer Tomato & Corn Salad Steamed Broccoli Italian Bread Slice Pear Slices	29 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Hot Breadstick Farm Fresh Apple