

**Wallenpaupack Area
Middle 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,
 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
 Deli Line
 Salad Bar
 Chicken Caesar Salad
 Yogurt Parfait 16oz
 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>				<p>1 School Closed</p>
<p>4 Labor Day School Closed</p>	<p>5 WG Wedge Pizza Romaine Salad with Baby Spinach Protein Packed Chic Peas Sidekick Juice Cup</p>	<p>6 Hot Dog or chili dog On a WG bun Hashbrown Patty Farm Fresh Roasted Corn on the Cobb Farm Fresh Watermelon</p>	<p>7 Penne Pasta Meat or Cheese Sauce Tossed Salad Hot Breadstick Peach Slices</p>	<p>8 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Pear Slices</p>
<p>11 Taco, Choice of Hard or Soft Shell Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn WG Rice & Black Beans Orange Wedges</p>	<p>12 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli WG Dinner Roll Peach Slices</p>	<p>13 Rotini Pasta Meat or Cheese Sauce Garden Salad Hot Breadstick Farm Fresh Watermelon</p>	<p>14 WG Popcorn Chicken Romaine Salad with Baby Spinach Couscous Confetti Salad WG Dinner Roll Fruited Gelatin/Topping</p>	<p>15 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery with Peanut Butter Applesauce/cinnamon</p>
<p>18 Hamburger or Cheese Burger on a WG bun Romaine /Tomato/Pickles Baked Vegetarian Beans Potato Puffs Peach Slices</p>	<p>19 WG Chicken Nuggets Roasted Redskin Potatoes Farm Fresh Green Beans WG Dinner Roll Blueberry Crisp/Topping</p>	<p>20 Chili/Tortilla chips Cheddar/Sour Cream Carrot Sticks/Dip Mini Corn Muffin Orange Wedges</p>	<p>21 Chicken Stir Fry WG Rice Sautéed Vegetables Mini Egg Roll Mandarin Orange Slices</p>	<p>22 Sicilian Pizza Caesar Salad Teddy Grahams Mixed Fruit</p>
<p>25 WG Breaded Chicken Patty on a Bun Romaine leaf Tomato/Cheese/Pickles Oven Baked Fries Steamed Peas Apple Wedges</p>	<p>26 Hot Dog or chili dog on a WG Bun Farm Fresh Roasted Corn on the Cobb Carrot Sticks/Dip Peach Slices</p>	<p>27 WG Popcorn Chicken Romaine Salad with Baby Spinach Protein Packed Chic Peas WG Rice WG Dinner Roll Applesauce/cinnamon</p>	<p>28 Chicken Alfredo with a Twist Summer Tomato & Corn Salad Steamed Broccoli Italian Bread Slice Pear Slices</p>	<p>29 Stuffed Mozzarella Breadsticks Marinara Sauce Roasted Vegetables Farm Fresh Apple</p>