

**Wallenpaupack Area  
North Intermediate School**



# September 2017

*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
<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 Pear Slices</p>
<p>11 Taco, Choice of Hard or Soft Shell Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn WG Rice &amp; Black Beans Orange Wedges</p>	<p>12 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli 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 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 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 Applesauce/cinnamon</p>	<p>28 Chicken Alfredo with a Twist Summer Tomato &amp; Corn Salad Steamed Broccoli Italian Bread Slice Pear Slices</p>	<p>29 Breaded Mozzarella Cheese Sticks Marinara Sauce Roasted Vegetables Farm Fresh Apple</p>