

**Wallenpaupack Area
North Primary School**

Menu Subject to Change



September 2019

Breakfast Meal Prices:
\$1.95
Reduced .30
Milk .50

Daily Breakfast Offerings
Choice of:
Assorted Whole Grain Cereals
Cereal Bars or Pop Tarts
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,
Chocolate or Strawberry

*Students MUST select 1/2 cup
of fruit or vegetables daily*

Lunch Meal Prices:
\$2.85
Reduced .40
Milk .50




Adult Lunch Price
\$5.00

Daily Lunch Offerings
Deli Line
Chicken Caesar Salad
Yogurt
PBJ Sandwiches
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>2 Labor Day School Closed</p> 	<p>3 WG Wedge Pizza Romaine Salad with Baby Spinach Protein Packed Chic Peas Frozen Mixed Berry Cup</p>	<p>4 Hot Dog or chili dog On a WG bun Hashbrown Patty Farm Fresh Roasted Corn on the Cobb Farm Fresh Watermelon</p>	<p>5 Penne Pasta Meat or Cheese Sauce Tossed Salad WG Hot Breadstick Peach Slices</p>	<p>6 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Applesauce Cup</p>
<p>9 WG French Toast Sticks Home Fries Yogurt with Cheese Stick Warm Apple Slices Orange Wedges</p>	<p>10 WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli Peach Slices</p>	<p>11 Walking Taco with Tortilla Chips Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn WG Rice & Black Beans Sidekick Frozen Juice Cup</p>	<p>12 WG Breaded Chicken Patty on a WG Bun Romaine Leaf Cheese/Tomato/Pickles Roasted Redskin Potatoes Steamed Green Beans Fresh Grapes</p>	<p>13 WG Breaded Mozzarella Cheeses Sticks Marinara Sauce Tossed Salad Farm Fresh Apple</p>
<p>16 Hamburger or Cheese Burger on a WG Bun Romaine/Tomato/Pickles Steamed Carrots Baked Vegetarian Beans Potato Puffs Frozen Peach Cup</p>	<p>17 WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Pear Slices</p> 	<p>18 WG Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick Mandarin Orange Slices</p>	<p>19 WG Popcorn Chicken Steamed Corn Couscous Confetti Salad WG Dinner Roll Mixed Fruit</p>	<p>20 WG Wedge Pizza Tossed Salad Chicken Noodle Soup Applesauce/cinnamon</p>
<p>23 WG French Toast Sticks Home Fries Yogurt with Cheese Stick Warm Apple Slices Orange Wedges</p>	<p>24 Hot Dog or chili dog on a WG Bun Farm Fresh Roasted Corn on the Cobb Carrot Sticks/Dip Peach Slices</p>	<p>25 WG Popcorn Chicken Romaine Salad with Spinach & Craisins Protein Packed Chic Peas Steamed WG Rice Fresh Grapes</p>	<p>26 Walking Taco with Tortilla Chips Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn Hashbrown Patty Sidekick Frozen Juice Cup</p>	<p>27 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks with Sunflower Butter Apple Wedges</p>
<p>30 WG Breaded Chicken Patty on a WG Bun Romaine leaf Tomato/Cheese/Pickles Oven Baked Fries Steamed Carrots Farm Fresh Apple</p>				

*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:*

**Meat/Meat Alternative
Bread/Roll
Milk**

**Vegetable
Fruit**



*Lunch prices for "Paid" students had to increase \$.05
to abide by the "meal price equity" law.
This Institution is an equal opportunity provider*