## September 2019

### Wallenpaupack Area North Primary School

Menu Subject to Change

**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

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td><strong>2</strong></td>
<td>Labor Day School Closed</td>
<td><strong>3</strong></td>
<td>WG Wedge Pizza Romaine Salad with Baby Spinach Protein Packed Chic Peas Frozen Mixed Berry Cup</td>
<td><strong>4</strong></td>
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<td><strong>5</strong></td>
<td>Penne Pasta Meat or Cheese Sauce Tossed Salad WG Hot Breadstick Peach Slices</td>
<td><strong>6</strong></td>
<td>WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Applesauce Cup</td>
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<td><strong>9</strong></td>
<td>WG French Toast Sticks Home Fries Yogurt with Cheese Stick Warm Apple Slices Orange Wedges</td>
<td><strong>10</strong></td>
<td>WG Chicken Strips Bowtie Noodles Cheese Sauce Steamed Broccoli Peach Slices</td>
<td><strong>11</strong></td>
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<tr>
<td><strong>12</strong></td>
<td>Hamburger or Cheese Burger on a WG Bun Romaine/Tomato/Pickles Steamed Carrots Baked Vegetarian Beans Potato Puffs Frozen Peach Cup</td>
<td><strong>13</strong></td>
<td>WG Breaded Chicken Patty on a WG Bun Romaine Leaf Cheese/Tomato/Pickles Steamed Redskin Potatoes Steamed Green Beans Farm Fresh Apple</td>
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<td><strong>16</strong></td>
<td>Hamburger or Cheese Burger on a WG Bun Romaine/Tomato/Pickles Steamed Carrots Baked Vegetarian Beans Potato Puffs Frozen Peach Cup</td>
<td><strong>17</strong></td>
<td>WG Chicken Nuggets Steamed Broccoli Cheese Sauce Baked or Sweet Potato WG Dinner Roll Pear Slices</td>
<td><strong>18</strong></td>
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<td><strong>19</strong></td>
<td>WG Popcorn Chicken Steamed Corn Couscous Confetti Salad WG Dinner Roll Mixed Fruit</td>
<td><strong>20</strong></td>
<td>WG Wedge Pizza Tossed Salad Chicken Noodle Soup Applesauce/cinnamon</td>
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<td><strong>23</strong></td>
<td>WG French Toast Sticks Home Fries Yogurt with Cheese Stick Warm Apple Slices Orange Wedges</td>
<td><strong>24</strong></td>
<td>Hot Dog or chili dog on a WG Bun Farm Fresh Roasted Corn on the Cobb Carrot Sticks/Dip Peach Slices</td>
<td><strong>25</strong></td>
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<td><strong>26</strong></td>
<td>Walking Taco with Tortilla Chips Lettuce/cheese cup Diced Tomatoes/Salsa Steamed Corn Hashbrown Patty Sidekick Frozen Juice Cup</td>
<td><strong>27</strong></td>
<td>WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Celery Sticks with Sunflower Butter Apple Wedges</td>
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<td><strong>30</strong></td>
<td>WG Breaded Chicken Patty on a WG Bun Romaine leaf Tomato/Cheese/Pickles Oven Baked Fries Steamed Carrots Farm Fresh Apple</td>
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**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
- Vegetable
- Fruit
- Milk

Lunch prices for “Paid” students had to increase $.05 to abide by the “meal price equity” law. This institution is an equal opportunity provider.