

**Wallenpaupack Area
South Elementary School**



September 2017

Menu Subject to Change

Breakfast Meal Prices:

\$1.95
Reduced .30
Milk .50

Breakfast Offerings

Choice of:
Assorted Whole Grain Cereals
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,
or Chocolate

*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

Chicken Caesar Salad
Yogurt
PBJamwiches
Fresh Vegetables
Assorted Fresh or Canned Fruit

In Addition to:

1% White, Fat-Free White,
or Chocolate



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 & 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 & Corn Salad Steamed Broccoli Italian Bread Slice Pear Slices</p>	<p>29 Breaded Mozzarella Cheese Sticks Marinara Sauce Roasted Vegetables Farm Fresh Apple</p>