



**Menu Subject to Change**

**Look for the Gluten Free symbol-these items can be made Gluten Free**



**Carb Counts listed**

**Daily Lunch Offerings**

Chicken Patty on a Bun

Salad Bar

Grab & Go Sandwiches

Yogurt Parfaits

PBJ Sandwiches

Hot & Fresh Vegetables

Assorted Fresh or Canned Fruit

1% White or Chocolate

Fat-Free White

Students must choose at least **3 of the 5 items listed**

to qualify as a Lunch

**Meat/Meat Alternative**

**Vegetable Bread/Roll**

**Fruit Milk**

**1 item MUST be 1/2 cup fruit or vegetable**

Milk \$0.75

Adult Lunch Price

\$5.00




**Entrees are \$2.75 with no fruit or vegetable**

**Additional entrees may be purchased in addition to your free complete lunch.**

*This Institution is an equal opportunity provider*

**Lunch is Free for ALL students!**

## Wallenpaupack Area Middle School April 2025 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> Chicken & Cheese Quesadillas Roasted Peppers Lettuce & Tomato Salsa & Sour Cream Peaches 15	<b>1</b> <b>April Fool's Day!</b> Shepard's Pie Mashed Potato, Beef, Peas, Carrots, Gravy Cherr-ific Salad 14 Fruited Gelatin 25	<b>2</b> WG Pasta 21 Meat 7 or Cheese Sauce 3 Mixed Veggies 14 Garlic Bread 14 Pineapple 15	<b>3</b> <b>National Burrito Day!</b> Chicken Burrito 32 Roasted Corn 16 Pears 15	<b>4</b> <b>International Carrot Day</b> WG Pizza 28 Orange Glazed Carrots 10 Carrot Sticks & Ranch Dip Rosy Applesauce 40
<b>7</b> <b>Brunch for Lunch</b> French Toast Sausage Hash Browns Strawberries	<b>8</b> Walking Taco (Chips- 18, Taco Meat- 8) Ranchero Carrots Lettuce 1 Tomato 1Cheese Black Bean Salsa Pears 15	<b>9</b> Bosco Mozzarella Sticks 17 Marinara Sauce 14 Pizza Salad Curly Fries 24 Fruited Gelatin 25	<b>10</b> <b>Buck Bowl</b> WG Popcorn Chicken 13 Gravy 3, Cheddar Cheese, Mashed Potatoes 20 & Corn 19 Rosy Applesauce 40	<b>11</b> Grilled Cheese 38 Tomato Soup 20 Leafy Green Salad Crackers Peaches 15
<b>14</b> Hamburger/Cheeseburger Lettuce & Tomato Pierogies & Peas Spring Salad Mix Rosy Applesauce 40	<b>15 National Glazed Ham Day</b> Glazed Ham Sweet Potatoes Sweet & Sour Pasta Salad 15 Pineapple 15	<b>16 National Banana Day</b> WG Chicken Bowtie Noodles 42 Cheese 3 Roasted Broccoli 6 Bananas & Pudding	<b>17</b> Mozzarella Sticks Marinara Sauce 14 French Fries Chick Pea Salad 19 Peaches 15	<b>18</b> 
	<b>22 Earth Day</b> Crunchy Fish Taco French Fries Cole Slaw Pineapple Salsa Assorted Grapes	<b>23 National Picnic Day</b> BBQ Chicken Thighs Arugula Lemon Pesto Pasta Salad 45 Corn Watermelon	<b>24</b> Corn Dog Nuggets Mixed Veggies 14 Cucumber Slices & Dip Pears 15	<b>25</b> WG Pizza 28 Glazed Carrots 10 Caesar Salad Tangelos 14
<b>28 Blueberry Pie Day</b> Bosco Sticks Cherr-ific Salad 14 Baked Beans 28 Blueberries & Cream	<b>29</b> Chicken Fries 16 Waffles 14 Peas Pears 15	<b>30</b> <b>Oatmeal Cookie day</b> Grilled Cheese 38 Tomato Soup 20 Crackers Peaches 15 WG Oatmeal Cookie		<b>Middle School Manager</b> Shannon Marchetti marchesh@wallenpaupack.org  <b>Director of Food Service</b> Heather Fedoryk, RDN fedoryhe@wallenpaupack.org 570-226-4557