



**Menu Subject to Change**

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

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**

**Daily Entrée Choices-Choose 1:**

**Main Hot Item**

**PBJ Sandwiches**

**Chicken Caesar Salad**

**Yogurt, String Cheese, Crackers**

**Grab & Go Deli Item of the week**

**Week 1:** Italian Sandwich

**Week 2:** Salami & Cheese

**Week 3:** BUCK Box

**Week 4:** Turkey & Cheese

**Week 5:** Ham & Cheese

Choice of Hot & Fresh Vegetables

Choice of Fresh or Canned Fruit

Choice of 1% White or Chocolate

Fat-Free White

**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*

Free Lunch Daily for ALL Students

# WASD North Intermediate School April 2024 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>North Intermediate School Manager</b>  <b>Peggy Cinerar</b>            cinerama@wallenpaupack.org  <b>Director of Food Service</b>            Heather Fedoryk, RDN            fedoryhe@wallenpaupack.org</p>	<p><b>2</b>            Burger Bar!            Burger 23 with Fixins!            Baby Carrots 12            French Fries 20            Applesauce 14</p>	<p><b>3</b>            WG Chicken Tenders 16            Bow Ties 42 Cheese Sauce            Broccoli 5            Caesar Salad 10            Mixed Fruit 15</p>	<p><b>4</b>            Beef Tacos 39            Lettuce, Tomato, Cheese, Salsa            Mexicali Corn 9            Pears 15</p>	<p><b>5</b>            Bosco Sticks 17            Marinara Sauce 10            Roasted Carrots 10            Spinach Salad 17            Peaches15</p>
<p><b>8</b>  <b>Early Dismissal Bag Lunches</b></p>	<p><b>9</b>            Chicken &amp; Cheese Quesadilla 35            WG Rice Pilaf 26            Sour Cream            Black Bean &amp; Corn Salsa12            Lettuce 1, Tomato 1            Mixed Fruit 15</p>	<p><b>10</b>            Chicken Parmesan over WG Pasta 46            Orange Glazed Sweet Potatoes 24            Garlic Bread 14            Peaches15</p>	<p><b>11</b>            Chicken Patty on a Bun 23            French Fries 20            Mixed Fruit 15</p>	<p><b>12</b>  <b>Grilled Cheese Day!</b>            WG Grilled Cheese 28            Tomato Soup 10            Mixed Veggies 15            Crackers 14            Pears 15</p>
<p><b>15</b>  <b>Buck Bowl!</b>            Popcorn Chicken Mashed Potato Bowl 135            Mashed Potatoes &amp; Corn Gravy &amp; Cheddar Cheese Applesauce 14</p>	<p><b>16</b>            WG Pasta with Meat Sauce 61            Garlic Bread 14            Caesar Salad 10            Mixed Fruit 15</p>	<p><b>17</b>            French Bread Pizza 29            Chick Pea Salad 19            Chicken Noodle Soup 17            Strawberries &amp; Cream 30</p>	<p><b>18</b>  <b>Animal Cracker Birthday</b>            Corn Dog Nuggets 30            Animal Crackers            Peas &amp; Carrots 10            Strawberries 30</p>	<p><b>19</b>            Mozzarella Sticks 32            Marinara Sauce 10            Kale Apple Salad 10            Sweet Potato Fries 19            Banana Pudding 23  <b>Banana Day!</b></p>
<p><b>22</b>            Sloppy Joe on a Bun 11            Spring Salad 12            Roasted Mushrooms 4            Peaches 15</p>	<p><b>23</b>            Chicken &amp; Asparagus Pasta 15            WG Dinner Roll 19            Glazed Carrots 10            Strawberries 30</p>	<p><b>24</b>  <b>Brunch for Lunch</b>            French Toast Sticks 35            Sausage Patty 1            Hash Brown 31            Warm Cinnamon Apples 9</p>	<p><b>25</b>            Beef Tacos 39            Lettuce, Tomato, Cheese, Salsa            Mexicali Corn 9            Applesauce 14</p>	<p><b>26</b>  <b>Pretzel Day</b>            Hot Ham &amp; Cheese on a Pretzel Bun 39            Pesto White Bean Salad 28            Peaches 15</p>
<p><b>29</b>            WG Chicken 20            Waffles 15            Roasted Sweet Potatoes 26            Applesauce 14</p>	<p><b>30</b>  <b>Oatmeal Cookie Day!</b>            Chicken Patty on a Bun 23            Roasted Broccoli 10            Peaches 15            Oatmeal Cookie 25</p>			