




# Wallenpaupack Area South Pre-K Head Start May 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>South Elementary Manager</b>  GeJa Richards richarge@wallenpaupack.org 570-226-4557 <b>Director of Food Service</b> Heather Fedoryk, RDN  fedoryhe@wallenpaupack.org	<b>National Hamburger Month</b>  		WG Muffin,, HB Egg, Fruit, FF Milk  <b>1 National Salad Day!</b> Chicken Patty on a Bun 36 Lettuce & Tomato Spicy Summer Harvest Pasta Salad 19 Pears 15  WG Soft Pretzel, FF Milk	WG Bagel/CC, Fruit, FF Milk  <b>2 School Lunch Hero Day!</b> WG Chicken Strips Caesar Salad 10 Orange Glazed Carrots 10 Rosy Applesauce 40  Red Fruited Gelatin FF Milk
Fiesta Beef Breakfast Nachos, Fruit, FF Milk  <b>5 Cinco de Mayo</b> Walking Taco chips- 18, Taco Meat- 8 Ranchero Carrots Lettuce 1 Tomato1Cheese, Sour Cream Black Bean Salsa, Pears 15  Fruit and FF Milk	Buck McMuffin Ham Egg, Fruit, FF Milk  <b>6</b> WG Pasta 21 With Chicken & Asparagus 50 Peas 20 Garlic Bread 14 Pineapple 15  WG Soft Pretzel, FF Milk	Southwest Breakfast Pizza, Fruit, Milk  <b>7</b> Bosco Mozzarella Sticks 25 Marinara Sauce 14 French Fries 19 Cherr-ific Salad 14 Fruited Gelatin 25  WG Muffin FF Milk	Creamcicle Parfait, HB Egg, Fruit, Milk  <b>8 Buck Bowl</b> WG Popcorn Chicken 13, Gravy 3, Cheddar Cheese, Mashed Potato 20 Steamed Corn 19 Rosy Applesauce 40  Cheese & Crackers, 6 oz 100% juice	Bacon/Egg/Cheese Croissant, Fruit  <b>9 No Head Start</b> Grilled Cheese 38 Tomato Soup 20 Quinoa Mango Salad 10 Crackers, Peaches 15  Strawberries FF Milk
WG Donuts, Fruit, FF Milk  <b>12</b> Chicken Patty on a Bun 36 Pierogies Spring Salad Mix Rosy Applesauce 40  WG Cookie & FF Milk	Apple Pie Yogurt Parfait, Fruit, FF Milk  <b>13 National Fruit Cocktail Day!</b> Glazed Ham Sweet Potatoes Sweet & Sour Pasta Salad 15 Fruit Cocktail 7  String Cheese 6 oz 100% Juice	WG Chicken & Biscuits, Fruit, FF Milk  <b>14</b> WG Chicken Nuggets 35 Bowtie Noodles & Cheese 42 Roasted Broccoli 6 Pears 15  Fruit and FF Milk	Chocolate Chip Pancakes, Fruit, Milk  <b>15</b> Stuffed Shells Marinara Sauce 14 Chick Pea Salad 19, Garlic Bread Peaches 15  WG Soft Pretzel, FF Milk	WG Donuts, Fruit, FF Milk  <b>16 National BBQ Day!</b> BBQ Chicken Arugula lemon Pesto pasta Salad 45 Corn on the Cob 15 Watermelon  WG Cereal FF Milk
WG Waffles, Fruit, FF Milk  <b>19</b> WG Spaghetti 41 Meatballs 6 & Sauce 14 Green Beans 5, Zesty Bean Salad 12 Garlic Bread 14 Applesauce 22  WG Cookie & FF Milk	Breakfast Banana Split, Fruit, FF Milk  <b>20</b> Ramen Noodle Bowl 72 Noodles, Chicken, Veggies in Broth Mandarin oranges 23  WG Muffin FF Milk	Strawberry Shortcake Parfait, Fruit, FF Milk  <b>21</b> Chicken & Cheese Quesadillas WG Rice Ranchero Carrots Salsa & Sour Cream Peaches 15  String Cheese 6 oz 100% Juice	Ham/Egg/Cheese, Fruit, FF Milk  <b>22 National Vanilla Pudding Day!</b> Mini Corn Dog Nuggets Mixed Veggies 14 Cucumber Slices & Dip Pears 15  Fruit and FF Milk	Red, White & Blueberry, Fruit, Milk  <b>23 Brunch for Lunch</b> French Toast Sausage Patty 1 Hash Browns 24 Tangelos 14  WG Cereal FF Milk
<b>26 No School</b> 	WG Muffin,, HB Egg, Fruit, FF Milk  <b>27 No Head Start</b> Chicken Fries 16 Waffles 14 Peas Pears 15  WG Soft Pretzel, FF Milk	WG Cinnamon Rolls, Fruit, FF Milk  <b>28 National Hamburger Day!</b> Chicken Patty on a Bun 36 Lettuce & Tomato Spicy Summer Harvest Pasta Salad 19 Pears 15  Fruit and FF Milk	WG Bagel/CC, Fruit, FF Milk  <b>29</b> Bosco Mozzarella Sticks 25 Marinara Sauce 14 Cole Slaw 20 Baked Beans 28 Strawberries 6  Cheese & Crackers, 6 oz 100% juice	Bacon/Egg/Cheese Croissant, Fruit  <b>30</b> Grilled Cheese 38 Tomato Soup 20 Farmers Market Bruschetta 7 Crackers Peaches 15  Red Fruited Gelatin FF Milk