



# Wallenpaupack Area Middle School May 2025 Lunch Menu



**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!**  
(\*) **See Cafeteria Manager for accurate carb counts** (\*)

Monday	Tuesday	Wednesday	Thursday	Friday
<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	<b>National Hamburger Month</b>  		<b>1 National Salad Day!</b> Hamburger/Cheeseburger 30 Lettuce 1 & Tomato 1 Spicy Summer Harvest Pasta Salad 19 Pears 15	<b>2 School Lunch Hero Day!</b> Pulled Pork Sandwich 41 Caesar Salad 10 Orange Glazed Carrots 10 Rosy Applesauce 40  
<b>5</b> Taco (Chips- 18, Taco Meat- 8) Ranchero Carrots 7 Lettuce 1 Tomato 1Cheese Black Bean Salsa 7	<b>6</b> Pasta with Chicken & Asparagus 50 Peas 20 Cinnamon Applesauce 22	<b>7</b> Bosco Sticks 25 Home Made Marinara Sauce 14 French Fries 19 Cherri-ific Salad 14 Fruited Gelatin 25	<b>8</b> <b>Buck Bowl</b> WG Popcorn Chicken 13 Gravy 3, Cheddar Cheese, Mashed Potatoes 20 & Corn 19 Rosy Applesauce 40	<b>9</b> Grilled Cheese 38 Tomato Soup 20 Quinoa Mango Salad 10 Crackers (*) Peaches 15
<b>12</b> BBQ Cheddar Burger 33 Peas 20 Spring Salad Mix 12 Rosy Applesauce 40	<b>13</b> <b>National Fruit Cocktail Day</b> Chicken Patty on a Bun (*) Glazed Carrots 10 Sweet & Sour Pasta Salad 15 Fruit Cocktail 7	<b>14</b> WG Chicken (*) Bowtie Noodles 42 Cheese 3 Roasted Broccoli 6 Pears 15	<b>15</b> Mozzarella Sticks 32 Marinara Sauce 14 French Fries 19 Chick Pea Salad 19 Peaches 15	<b>16</b> <b>National BBQ Day!</b> BBQ Chicken (*) Arugula Lemon Pesto Pasta Salad 45 Corn on the Cob 15 Watermelon 6
<b>19</b> WG Spaghetti 41 Meatballs 6 & Sauce 14 Green Beans 5 Zesty Bean Salad 12 Garlic Bread 14 Pineapple 15	<b>20</b> Ramen Noodle Bowl 72 Noodles, Chicken, Veggies in Broth Mandarin Oranges 23	<b>21</b> Chicken & Cheese Quesadillas 215 <b>Cinco de Mayo</b> Tacos Ranchero Carrots 7 Lettuce 1 Tomato 1Cheese	<b>22 National Vanilla Pudding Day!</b> Chicken Patty on a Bun(*) Creamy Cucumber Salad 20 Pears 15 Vanilla Pudding (*)	<b>23</b> <b>Brunch for Lunch</b> French Toast (*) Turkey Sausage 1 Hash Browns 24 Tangelos 14
<b>26</b> No School  	<b>27</b> Chicken Fries 16 Waffles 14 Peas 20 Pears 15	<b>28</b> <b>National Hamburger Day!</b> Hamburger/Cheeseburger 30 Lettuce 1 & Tomato 1 Farmers Market Bruschetta 7 Rosy Applesauce 40	<b>29</b> Bosco Sticks 25 Home Made Marinara Sauce 14 Baked Beans 28 Strawberries 6	<b>30</b> Hot Dog on a Bun 30 Baby Carrots 5 Sliced Apples 7 Plain Baked Chips 19