



Wallenpaupack Area North Intermediate School May 2025 Lunch



Menu Subject to Change

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: Ham & Cheese
Week 2: Salami & Cheese
Week 3: Turkey & Cheese
Week 4: BUCK Box
Week 5: Italian Sandwich
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

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

Monday	Tuesday	Wednesday	Thursday	Friday
North Intermediate School Manager Peggy Cinerar cinerama@wallenpaupack.org Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org 570-226-4557	National Hamburger Month 		1 National Salad Day! Hamburger/Cheeseburger 30 Lettuce 1 & Tomato 1 Spicy Summer Harvest Pasta Salad 19 Pears 15	2 School Lunch Hero Day! Pulled Pork Sandwich 41 Caesar Salad 10 Orange Glazed Carrots 10 Rosy Applesauce 40  
5 Cinco de Mayo Walking Taco (*) (Chips- 18, Taco Meat- 8) Ranchero Carrots 7 Lettuce 1 Tomato 1 Cheese Black Bean Salsa 7 Pears 15	6 Pasta with Chicken & Asparagus 50 Peas 20 Cinnamon Applesauce 22	7 Bosco Sticks 25 Home Made Marinara Sauce 14 French Fries 19 Cherri-ific Salad 14 Fruited Gelatin 25	8 Buck Bowl WG Popcorn Chicken 13 Gravy 3, Cheddar Cheese, Mashed Potatoes 20 & Corn 19 Rosy Applesauce 40	9 Grilled Cheese 38 Tomato Soup 20 Quinoa Mango Salad 10 Crackers (*) Peaches 15
12 BBQ Cheddar Burger 33 Peas 20 Spring Salad Mix 12 Rosy Applesauce 40	13 National Fruit Cocktail Day Chicken Patty on a Bun (*) Glazed Carrots 10 Sweet & Sour Pasta Salad 15 Fruit Cocktail 7	14 WG Chicken (*) Bowtie Noodles 42 Cheese 3 Roasted Broccoli 6 Pears 15	15 Mozzarella Sticks 32 Marinara Sauce 14 French Fries 19 Chick Pea Salad 19 Peaches 15	16 National BBQ Day! BBQ Chicken (*) Arugula Lemon Pesto Pasta Salad 45 Corn on the Cob 15 Watermelon 6
19 WG Spaghetti 41 Meatballs 6 & Sauce 14 Green Beans 5 Zesty Bean Salad 12 Garlic Bread 14 Pineapple 15	20 Ramen Noodle Bowl 72 Noodles, Chicken, Veggies in Broth Mandarin Oranges 23	21 Chicken & Cheese Quesadillas 21 5 Cinco de Mayo Tacos Ranchero Carrots 7 Lettuce 1 Tomato 1 Cheese	22 National Vanilla Pudding Day! Chicken Patty on a Bun(*) Creamy Cucumber Salad 20 Pears 15 Vanilla Pudding (*)	23 Brunch for Lunch French Toast (*) Turkey Sausage 1 Hash Browns 24 Tangelos 14
26 No School 	27 Chicken Fries 16 Waffles 14 Peas 20 Pears 15	28 National Hamburger Day! Hamburger/Cheeseburger 30 Lettuce 1 & Tomato 1 Farmers Market Bruschetta 7 Rosy Applesauce 40	29 Bosco Sticks 25 Home Made Marinara Sauce 14 Baked Beans 28 Strawberries 6	30 Hot Dog on a Bun 30 Baby Carrots 5 Sliced Apples 7 Plain Baked Chips 19