


Wallenpaupack Area South Pre-K Head Start May 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>South Elementary Manager</p> <p>GeJa Richards richarge@wallenpaupack.org 570-226-4557</p> <p>Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org</p>		<p>1 WG Breakfast Pizza, Fruit, FF Milk</p> <p><i>Pulled Pork Sandwich 41 Glazed Carrots 23 Spinach Salad 46 Mixed Fruit 15</i></p> <p>WG Cookie FF Milk</p>	<p>2 WG Pancakes, Fruit, FF Milk</p> <p>Buck Bowl! <i>Popcorn Chicken Mashed Potato Bowl 135 Mashed Potatoes & Corn Gravy & Cheddar Cheese Applesauce 14</i></p> <p>WG Cereal FF Milk</p>	<p>3 Sausage Pancake Stick, Fruit, FF Milk</p> <p><i>Beef Tacos 39 Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Pears 15</i></p> <p>4oz Yogurt FF Milk</p>
<p>6 WG Donuts, Fruit FF Milk</p> <p><i>Bosco Sticks 17 Marinara Sauce 10 Roasted Carrots 10 Spinach Salad 17 Peaches 15</i></p> <p>String Cheese 6 oz 100% Juice</p>	<p>7 WG Breakfast Pizza , Fruit, FF Milk</p> <p><i>Chicken & Cheese Quesadilla 35 WG Rice Pilaf 26 Sour Cream Black Bean & Corn Salsa 12 Lettuce 1, Tomato 1 Mixed Fruit 15</i></p> <p>WG Soft Pretzel FF Milk</p>	<p>8 WG Pancakes , Fruit, FF Milk</p> <p><i>Chicken Parmesan over WG Pasta 46 Orange Glazed Sweet Potatoes 24 Garlic Bread 14 Pears 15</i></p> <p>WG Grahams FF Milk</p>	<p>9 WG Sausage Pancake Stick, Fruit, FF Milk</p> <p><i>Brunch for Lunch French Toast Sticks 35 Sausage Patty 1 Hash Brown 31 Strawberries 30</i></p> <p>WG Muffin FF Milk</p>	<p>10 Ham, Egg, Cheese on a Hawaiian Roll, Fruit, FF Milk</p> <p><i>WG Grilled Cheese 28 Tomato Soup 10 Mixed Veggies 15 Crackers 14 Pears 15</i></p> <p>WG Cereal FF Milk</p>
<p>13 WG Donuts, Fruit, FF Milk</p> <p><i>Sloppy Joe on a bun 11 Spring Salad 12 Roasted Mushrooms 4 Peaches 15</i></p> <p>String Cheese 6 oz Juice</p>	<p>14 WG Muffin, Fruit, FF Milk</p> <p><i>Chicken & Asparagus Pasta WG 15 Dinner Roll 19 Glazed Carrots 10 Strawberries 30</i></p> <p>4 oz Yogurt 6 oz Juice</p>	<p>15 WG Glazed Donut, Fruit, FF Milk</p> <p>Brunch for Lunch <i>French Toast Sticks 35 Sausage Patty 1 Hash Brown 31 Warm Apple Slices 9</i></p> <p>WG Cookie FF Milk</p>	<p>16 WG Sausage Pancake Stick, Fruit, FF Milk</p> <p><i>Beef Tacos 39 Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Applesauce 14</i></p> <p>WG Soft Pretzel FF Milk</p>	<p>17 Breakfast Bowl, Fruit, FF Milk</p> <p><i>Mozzarella Sticks 32 Marinara Sauce 10 Kale Apple Salad 10 Sweet Potato Fries 19 Pears 15</i></p> <p>WG Cereal FF Milk</p>
<p>20 WG Bagel, HB Egg, Fruit, FF Milk</p> <p><i>Corn Dog Nuggets 30 Baked Beans 37 Peas & Carrots 10 Strawberries 30</i></p> <p>WG Muffin FF Milk</p>	<p>21 WG Waffle, Fruit, FF Milk</p> <p>Burger Bar! <i>Burger 23 with Fixins! Baby Carrots 12 French Fries 20 Applesauce 14</i></p> <p>WG Soft Pretzel FF Milk</p>	<p>22 WG Sausage Pancake Stick Fruit, FF Milk</p> <p><i>WG Pasta with Meat Sauce 61 Garlic Bread 14 Caesar Salad 10 Mixed Fruit 15</i></p> <p>WG Cereal Bar FF Milk</p>	<p>23 WG Breakfast Pizza, Fruit, FF Milk</p> <p><i>French Bread Pizza 29 Tossed Salad 4 Watermelon 8</i></p> <p>4 oz yogurt FF Milk</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">No School</p>
<p style="text-align: center;">27</p> <p style="text-align: center;">No School</p> 	<p style="text-align: center;">28</p> <p style="text-align: center;">No School</p>	<p>29 WG Bagel, HB Egg, Fruit, FF Milk</p> <p><i>WG Chicken 20 Waffles Roasted Sweet Potato 26 Applesauce 14</i></p> <p>PBJ FF Milk</p>	<p>30 WG French Toast, Fruit, FF Milk</p> <p><i>Chicken Patty on a Bun 23 Roasted Broccoli 10 Pears 15</i></p> <p>WG Chocolate Grahams FF Milk</p>	<p>31 Bacon, Egg, Cheese on a Bagel</p> <p><i>Hot Ham & Cheese on a Pretzel Bun 39 Pesto White Bean Salad 28 Chicken Noodle Soup 17 Peaches 15</i></p> <p>WG Cereal FF Milk</p>