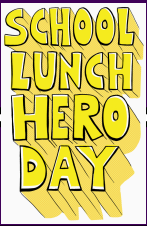




WASD North Intermediate School MAY 2024 Lunch



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




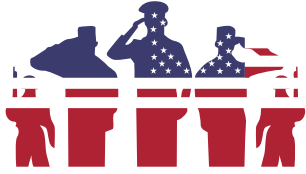
\$5.00

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>North Intermediate School Manager Peggy Cinerar cinerama@wallenpaupack.org Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org</p>		<p>1 Pulled Pork Sandwich 41 Broccoli 5 Caesar Salad 10 Mixed Fruit 15</p>	<p>2 Beef Tacos 39 Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Pears 15</p>	<p>3 Bosco Sticks 17 Marinara Sauce 10 Roasted Carrots 10 Spinach Salad 17 Peaches 15</p>  
<p>6 Buck Bowl! Popcorn Chicken Mashed Potato Bowl 135 Mashed Potatoes & Corn Gravy & Cheddar Cheese Applesauce 14</p>	<p>7 Chicken & Cheese Quesadilla 35 WG Rice Pilaf 26 Sour Cream Black Bean & Corn Salsa 12 Lettuce 1, Tomato 1 Mixed Fruit 15</p>	<p>8 Chicken Parmesan over WG Pasta 46 Roasted Broccoli 10 Garlic Bread 14 Peaches 15</p>	<p>9 Chicken Patty on a Bun 23 French Fries 20 Apples 15</p>	<p>10 WG Grilled Cheese 28 Tomato Soup 10 Mixed Veggies 15 Crackers 14 Pears 15</p>
<p>13 Sloppy Joe on a Bun 11 Spring Salad 12 Roasted Mushrooms 4 Peaches 15</p>	<p>14 Chicken & Asparagus Pasta 15 WG Dinner Roll 19 Glazed Carrots 10 Strawberries 30</p>	<p>15 Brunch for Lunch French Toast Sticks 35 Sausage Patty 1 Hash Brown 31 Warm Cinnamon Apples 9</p>	<p>16 Beef Tacos 39 Lettuce, Tomato, Cheese, Salsa Mexicali Corn 9 Applesauce 14</p>	<p>17 Mozzarella Sticks 32 Marinara Sauce 10 Kale Apple Salad 10 Sweet Potato Fries 19 Pears 15</p>
<p>20 Corn Dog Nuggets 30 Baked Beans 37 Peas & Carrots 10 Strawberries 30</p>	<p>21 Burger Bar! Burger 23 with Fixins! Baby Carrots 12 French Fries 20 Applesauce 14</p>	<p>22 WG Pasta with Meat Sauce 61 Garlic Bread 14 Caesar Salad 10 Mixed Fruit 15</p>	<p>23 French Bread Pizza 29 Tossed Salad 4 Watermelon 8</p>	<p>24 No School</p>
<p>27 No School</p> 	<p>28 No School</p>	<p>29 WG Chicken 20 Waffles Roasted Sweet Potatoes 26 Applesauce 14</p>	<p>30 Chicken Patty on a Bun 23 Roasted Broccoli 10 Pears 15</p>	<p>31 Hot Ham & Cheese on a Pretzel Bun 39 Pesto White Bean Salad 28 Chicken Noodle Soup 17 Peaches 15</p>