




# Wallenpaupack Area South Pre-K Head Start April 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Sausage Pancake Stick, Fruit, FF Milk  <i>Burger Bar! Burger 23 with Fixins!                      Baby Carrots 12 French Fries 20                      Applesauce 14</i>  WG PBJ, FF Milk	3 WG Breakfast Pizza, Fruit, FF Milk  <i>WG Chicken Tenders 16                      Bow Tie Noodles 42 Cheese Sauce                      Broccoli 5 Caesar Salad 10                      Mixed Fruit 15</i>  WG Cookie, FF Milk	4 WG Pancakes, Fruit, FF Milk  <i>Beef Tacos 39                      Lettuce, Tomato, Cheese, Salsa                      Mexicali Corn 9                      Pears 15</i>  WG Cereal, FF Milk	5 Ham, Egg, Cheese Fruit, FF Milk  <i>WG Wedge Pizza 28                      Roasted Carrots 10                      Spinach Salad 17                      Peaches 15</i>  4 oz Yogurt, 6oz 100% Juice
8 WG Donuts, Fruit FF Milk  <i>Bagged Lunch                      PBJ Sandwich                      Bagged Carrots                      Apple Wedges</i>  String Cheese 6 oz 100% Juice	9 WG Breakfast Pizza , Fruit, FF Milk  <i>Chicken &amp; Cheese Quesadilla 35                      WG Rice Pilaf 26 Sour Cream Black                      Bean &amp; Corn Salsa12                      Lettuce 1, Tomato 1                      Mixed Fruit 15</i>  WG Soft Pretzel and FF Milk	10 WG Pancakes, Fruit, FF Milk  <i>Chicken Parmesan over                      WG Pasta 46 Orange Glazed Sweet                      Potatoes 24 Garlic Bread                      14 Pears 15</i>  WG Grahams & FF Milk	11 Sausage Pancake Stick, Fruit, FF Milk  <i>Chicken Patty on a Bun 23                      French Fries 20                      Mixed Fruit 15</i>  WG Muffin FF Milk	12 Ham, Egg, Cheese on a Hawaiian Roll, Fruit, FF Milk  <b>Grilled Cheese Day!</b> WG Grilled Cheese 28 Tomato Soup 10 Mixed Veggies 15 Crackers 14 Pears 15  WG Cereal FF Milk
15 WG Donuts, Fruit, FF Milk  <i>Glazed Ham 10                      Roasted Carrots 10                      Scalloped Potatoes 25                      Applesauce 14</i>  Fruit Cup, FF Milk	16 WG Muffin, FF Milk  <i>WG Pasta with Meat Sauce 61                      Garlic Bread 14 Caesar Salad 10                      Mixed Fruit 15</i>  4 oz Yogurt 6 oz 100% Juice	17 WG Glazed Donut, Fruit, FF Milk  <i>French Bread Pizza 29                      Chic Pea Salad 19                      Chicken Noodle Soup 17                      Strawberries &amp; Cream 30</i>  WG Cookie & FF Milk	18 Sausage Pancake Stick, Fruit, FF Milk  <b>Animal Cracker Birthday!</b> <i>Corn Dog Nuggets 30                      Animal Crackers                      Peas &amp; Carrots 10                      Strawberries 30</i>  WG Soft Pretzel, FF Milk	19 Breakfast Bowl, Fruit, FF Milk  <b>Banana Day!</b> WG Raviolis 32 Marinara Sauce 10 Kale Apple Salad 10 Sweet Potato Fries 19 Banana Pudding 23  WG Cereal, FF Milk
22 Sausage Pancake Stick, Fruit, FF Milk  <i>Sloppy Joe on a Bun 11                      Spring Salad 12                      Roasted Mushrooms 4                      Peaches 15</i>  WG Muffin, FF Milk	23 WG Waffles, Fruit, FF Milk  <i>Chicken &amp; Asparagus Pasta 15                      WG Dinner Roll 19                      Glazed Carrots 10                      Strawberries 30</i>  WG Soft Pretzel, FF Milk	24 Sausage Pancake Stick, Fruit, FF Milk  <b>Brunch for Lunch</b> <i>French Toast Sticks 35 Sausage 1                      Hash Brown 31                      Warm Cinnamon Apples 9</i>  WG Cereal Bar, FF Milk	25 WG Breakfast Pizza, Fruit, FF Milk  <i>Beef Tacos 39                      Lettuce, Tomato, Cheese, Salsa                      Mexicali Corn 9                      Applesauce 14</i>  4 oz Yogurt 6 oz 100% Juice	26 Bacon, Egg, Cheese on a bagel, Fruit, FF Milk  <b>Pretzel Day!</b> <i>Hot Ham &amp; Cheese                      on a Pretzel Bun 39                      Pesto White Bean Salad 28                      Peaches 15</i>  String Cheese 6 oz 100% Juice
29 Breakfast Pizza, Fruit, FF Milk  WG Chicken 20 Waffles Roasted Sweet Potatoes 26 Applesauce 14  WG Cereal, FF Milk	30 WG French Toast, Fruit, FF Milk  <b>Oatmeal Cookie Day!</b> <i>Chicken Patty on a Bun 23                      Roasted Broccoli 10 Peaches 15                      Oatmeal Cookie 25</i>  WG Chocolate Grahams, FF Milk			<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