

# Wallenpaupack Area South Elementary Head Start/Pre-K

## December 2022 Lunch Menu



Mon	Tue	Wed	Thu	Fri
			<p>3</p> <p>WG Muffin, Apples, FF Milk</p> <p>WG French Toast Sticks Sausage Patty Home Fries Peach Slices</p> <p>Cheese &amp; Crackers, 100% Juice</p>	<p>4</p> <p>WG Cereal, Orange Juice, FF Milk</p> <p>WG Pizza Glazed Carrots Asian Cabbage Salad Sidekick Frozen Fruit Juice</p> <p>Mini Muffins &amp; FF Milk</p>
<p>7</p> <p>WG Pancakes, Fruit, FF Milk</p> <p>WG Chicken Strips Bow Ties &amp; Cheese Sauce Home Made Chicken Noodle Soup Roasted Broccoli Mixed Fruit Orange Wedges &amp; String Cheese</p>	<p>8</p> <p>WG Bagel w/ Cream Cheese, Apple Juice, FF White Milk Soft/Hard Taco Lettuce/cheese cup Black Bean Salsa Steamed Corn Pears</p> <p>PBJ &amp; FF Milk</p>	<p>9</p> <p>Yogurt with WG Graham Crackers, Fresh Fruit, FF White Milk WG Stuffed Mozz Breadsticks Marinara Sauce Caesar Salad Chicken Noodle Soup Peaches Fruited Jell-O &amp; Crackers</p>	<p>9</p> <p>Egg &amp; Cheese Patty, Fruit, FF Milk</p> <p>WG Macaroni &amp; Cheese Stewed Tomatoes Pepper Strips Applesauce</p> <p>Animal Crackers &amp; FF Milk</p>	<p>10</p> <p>Sausage Pancake Stick, Oranges, FF Milk</p> <p>WG Pizza French Fries Celery Sticks Pineapple</p> <p>WG Cereal &amp; FF Milk</p>
<p>14</p> <p>Egg &amp; Cheese Patty, Fruit, FF Milk</p> <p>Hamburger or Cheese Burger on a WG Bun Romaine/Tomato Pickles Curly Fries Mixed Fruit Goldfish Crackers &amp; FF Milk</p>	<p>15</p> <p>WG French Toast, Pears, FF Milk</p> <p>Nachos Grande Lettuce/cheese cup Black Bean Salsa Steamed Corn Pears</p> <p>Mini Muffins &amp; FF Milk</p>	<p>16</p> <p>Hot Ham &amp; Cheese on Croissant</p> <p>Chicken &amp; Gravy Over WG Biscuits Mashed Potatoes Peas &amp; Carrots Sidekick Frozen Juice Cup</p> <p>Yogurt &amp; Juice</p>	<p>17</p> <p>WG Cereal, Fruit &amp; Fat Free Milk</p> <p>Roasted Turkey &amp; Gravy Mashed Potatoes &amp; Stuffing Harvest Delight Veggies WG Dinner Roll Apple Pie</p> <p>PBJ &amp; FF Milk</p>	<p>18</p> <p>WG Sausage Pancake Stick, Fruit, FF Milk Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Cucumber Slices Mandarin Oranges</p> <p>Cheese, WG Crackers, 100% Juice</p>
<p>21</p> <p>WG Bagel, Cream Cheese, Fruit, FF Milk Cheesesteak Hoagie on a WG Bun Potato Pancakes Cucumber Slices Applesauce</p> <p>Soft Pretzel and FF Milk</p>	<p>22</p> <p>Egg Patty on a WG Croissant</p> <p>Buckhorn Bowl! WG Popcorn Chicken Gravy, Cheddar Cheese, Mashed Potatoes &amp; Corn Mixed Fruit</p> <p>WG Animal Crackers &amp; FF Milk</p>	<p>23</p> <p>Yogurt, WG Graham Crackers, Fresh Fruit, FF White Milk</p> <p>WG French Toast Sticks Sausage Patty Home Fries Peach Slices</p> <p>WG Cereal FF Milk</p>	<p>24</p> <p>WG Cheerios, Grape Juice, FF Milk</p> <p>Wonderland Chicken Nuggets WG Dinner Roll Mixed Veggies Sidekick Frozen Juice Cup</p> <p>Yogurt &amp; 100% Juice</p>	<p>25</p> <p>WG Muffin, Apples, FF Milk</p> <p>Early Dismissal</p> <p>Bag Lunches</p> <p>Happy Holidays!</p>
				