



# Wallenpaupack Area High School December 2022 Lunch Menu



**Breakfast Meal Prices:**  
**Student : \$1.95**  
**Reduced: \$0.30**  
**Adult Breakfast: \$3.00**  
**Milk \$0.50**  
**Daily Breakfast Offerings**  
 Grab-N-Go Breakfast  
 Choice of:  
 Assorted Whole Grain Cereals  
 Cereal Bars and Pop Tarts  
 Breakfast Sandwiches  
 Whole Grain Bagels  
 Assorted Fresh or Canned Fruit  
**Or**  
 Hot Item of the Day  
**In Addition to:**  
 100% Fruit Juice  
 1% White or Chocolate

**Students MUST select 1/2 cup of fruit or vegetables**

**Lunch Meal Prices:**  
**Student: \$3.10**  
**Reduced: \$0.40**  
**Milk \$0.50**  
**Adult Lunch Price**  
 \$5.00  
**Daily Lunch Offerings**  
 Salad Bar  
 Yogurt Parfait  
 PBJ Sandwiches  
 Hot & Fresh Vegetables  
 Assorted Fresh or Canned Fruit  
**In Addition to:**  
 1% White or Chocolate  
 Fat-Free White  
*This Institution is an equal opportunity provider*

**Menu Subject to Change**

Mon	Tue	Wed	Thu	Fri
			1 Mandarin Chicken over Rice Orange Glazed Carrots Asian Cabbage Salad Sidekick Frozen Fruit Juice	2 French Toast Sticks Syrup Sausage Patty Home Fries Peach Slices
<b>5 Comfort Food Day!</b> WG Chicken Strips Bow Ties & Cheese Sauce Home Made Chicken Noodle Soup Roasted Broccoli Mixed Fruit	<b>6</b> Soft/Hard Taco Lettuce/cheese cup Black Bean Salsa Steamed Corn Pears	<b>7</b> Hot Wing Chicken Dip Tortilla Chips French Fries Celery Sticks Peaches	<b>8 National Brownie Day!</b> Macaroni & Cheese Stewed Tomatoes Pepper Strips Applesauce Home Made Brownie	<b>9</b> Stuffed Mozzarella Breadsticks Marinara Sauce Caesar Salad Pineapple
<b>12</b> Hamburger or Cheese Burger on a WG Bun Romaine/Tomato Pickles Curly Fries Mixed Fruit	<b>13</b> Nachos Grande Lettuce/cheese cup Black Bean Salsa Steamed Corn Pears	<b>14 Biscuits and Gravy Day!</b> Chicken & Gravy Over Biscuits Mashed Potatoes Peas & Carrots Sidekick Frozen Juice Cup	<b>15</b> Roasted Turkey & Gravy Mashed Potatoes & Stuffing Glazed Carrots WG Dinner Roll Apple Pie	<b>16</b> WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Cucumber Slices Mandarin Oranges
<b>19</b> Cheesesteak Hoagie Potato Pancakes Cucumber Slices Applesauce	<b>20</b> Buckhorn Bowl! WG Popcorn Chicken Gravy, Cheddar Cheese, Mashed Potatoes & Corn Mixed Fruit	<b>21 Crossword Puzzle Day!</b> French Toast Sticks Syrup Sausage Patty Home Fries Peach Slices	<b>22</b> WG Breaded Chicken Patty Plain or Spicy French Fries Sidekick Frozen Juice Cup	<b>23</b> <b>Early Dismissal</b> <b>BAG LUNCHES</b> <b>Happy Holidays!</b>
	<p><b>Students choose at least 3 of the 5 items listed to qualify as a Lunch</b>  <b>1 item MUST be 1/2 cup fruit or vegetable:</b>            Meat/Meat Alternative    Vegetable            Bread/Roll                    Fruit                                Milk            Don't forget to fill out your free/reduced meal applications online at <a href="http://www.schoolcafe.com">http://www.schoolcafe.com</a> (free account creation required)</p>			