

# Wallenpaupack Area North Intermediate School

## December 2024 Breakfast Menu

*Menu Subject to Change*

### Free Breakfast Daily for ALL Students

Students must choose at least **3 items** listed to qualify as a breakfast

- Meat/Meat Alternative**
- Vegetable**
- Bread/Roll**
- Fruit**
- Milk**

*1 item MUST be  
1/2 cup  
fruit or vegetable*

**Breakfast Entrée: \$2.75**  
**Adult Breakfast: \$3.00**  
**Milk: \$0.75**  
**Juice/Fruit: \$0.50**

#### Daily Breakfast Offerings

##### Choice of Entrée:

Hot Item of the Day  
 Assorted Whole Grain Cereals  
 Cereal Bars and Pop Tarts

##### Choice of Fruit/Juice:

Assorted Fresh or Canned Fruit  
 100% Fruit Juice

##### Choice of Milk:

1% White or Chocolate  
 Fat-Free White

*This Institution is an equal  
opportunity provider*

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday   |
|--|--|---|--|--|
|   | <b>3</b><br>Bagel & Cream Cheese 26<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk  | <b>4</b><br>WG Waffles 35<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk       | <b>5</b><br>Yogurt 12, HB Egg 2<br>Crackers<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk  | <b>6</b><br>WG Cinnamon Rolls 38 &<br>String Cheese 2<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk                          |
| <b>9 National Pastry Day</b><br>WG Donuts 38<br>& HB Egg 2<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk   | <b>10</b><br>Buck McMuffin 30<br>Ham, Egg & Cheese on<br>an English Muffin<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk | <b>11</b><br>WG Pancakes 35<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk     | <b>12</b><br>Yogurt 12, HB Egg 2<br>Crackers<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk | <b>13 National Cocoa Day</b><br>Bacon, Egg & Cheese on<br>an English Muffin 23<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk |
| <b>16</b><br>WG Donuts 38 & String<br>Cheese 2<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk   | <b>17</b><br>Bagel & Cream Cheese<br>26<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk                                    | <b>18</b><br>WG French Toast 38<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk | <b>19</b><br>WG Frudel 38, HB Egg<br>2<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk       | <b>20</b><br>Egg & Cheese Sandwich<br>24<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk                                       |
| <b>23</b><br>Sausage Pancake Stick<br>23<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk   |    |        |                     |   |
| <b>North Intermediate<br/>School Manager</b><br>Peggy Cinerar<br>cinerama@wallenpaupack.org<br><b>Director of Food Service</b><br>Heather Fedoryk, RDN<br>fedoryhe@wallenpaupack.org<br>570-226-4557 |    |   | <b>2</b><br>WG Muffins 23<br>& HB Egg 2<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk      | <b>3</b><br>Ham, Egg, Cheese<br>on a WG Croissant 32<br>100% Assorted Juice<br>Choice of Fruit<br>Choice of Milk                           |