



Wallenpaupack Area South Elementary 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

Mon	Tue	Wed	Thu	Fri
			1 French Toast Sticks Syrup Sausage Patty Home Fries Peaches	2 WG Pizza Glazed Carrots Asian Cabbage Salad Sidekick Frozen Fruit Juice
5 Comfort Food Day! WG Chicken Strips Bow Ties & Cheese Sauce Home Made Chicken Noodle Soup Roasted Broccoli Mixed Fruit	6 Soft/Hard Taco Lettuce/cheese cup Black Bean Salsa Steamed Corn Pears	7 Stuffed Mozz Breadsticks Marinara Sauce Caesar Salad Chicken Noodle Soup Peaches	8 National Brownie Day! Macaroni & Cheese Stewed Tomatoes Pepper Strips Applesauce Home Made Brownie	9 WG Pizza French Fries Celery Sticks Pineapple
12 Hamburger or Cheese Burger on a WG Bun Romaine/Tomato Pickles Curly Fries Mixed Fruit	13 Nachos Grande Lettuce/cheese cup Black Bean Salsa Steamed Corn Pears	14 Biscuits and Gravy Day! Chicken & Gravy Over Biscuits Mashed Potatoes Peas & Carrots Sidekick Frozen Juice Cup	15 Roasted Turkey & Gravy Mashed Potatoes & Stuffing Glazed Carrots WG Dinner Roll Apple Pie	16 WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Cucumber Slices Mandarin Oranges
19 Cheesesteak Hoagie Potato Pancakes Cucumber Slices Applesauce	20 Buckhorn Bowl! WG Popcorn Chicken Gravy, Cheddar Cheese, Mashed Potatoes & Corn Mixed Fruit	21 Crossword Puzzle Day! French Toast Sticks Syrup Sausage Patty Home Fries Peach Slices	22 Wonderland Chicken Nuggets WG Dinner Roll Mixed Veggies Sidekick Frozen Juice Cup	23 Early Dismissal BAG LUNCHES Happy Holidays!

Students MUST select 1/2 cup of fruit or vegetables

Lunch Meal Prices:

Student: \$2.85

Reduced: \$0.40

Milk \$0.50

Adult Lunch Price

\$5.00

Daily Lunch Offerings

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



Students choose at least 3 of the 5 items listed to qualify as a Lunch

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

Meat/Meat Alternative Vegetable
Bread/Roll Fruit Milk

Don't forget to fill out your free/reduced meal applications online at <http://www.schoolcafe.com> (free account creation required)



Menu Subject to Change