



Wallenpaupack Area High School November 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
 <p>National Pepper Month</p>	<p>1</p> <p>Walking Taco with Tortilla Chips Lettuce/cheese cup Salsa Steamed Corn Pear Slices</p>	<p>2</p> <p>Chicken Patty Spicy or Regular on a WG Bun Romaine/Tomato/Cheese French Fries Peaches</p>	<p>3</p> <p>Sandwich Day! WG Toasted Cheese Sandwich Tomato Soup WG Goldfish Crackers Cucumber Slices Mandarin Oranges</p>	<p>4</p> <p>WG Wedge Pizza Green Beans Fresh Pepper Strips Farm Fresh Apples</p>
<p>7</p> <p>WG Chicken Strips Bow Ties & Cheese Sauce Roasted Broccoli Mixed Fruit</p>	<p>8</p> <p>Election Day! Soft/Hard Taco Lettuce/cheese cup Black Bean Salsa Steamed Corn Strawberries</p> 	<p>9</p> <p>Kielbasa Sausage Pierogies & Onions Steamed Peas Farm Fresh Apples</p>	<p>10</p> <p>Macaroni & Cheese Stewed Tomatoes Pepper Strips Sidekick Frozen Juice Cup</p> 	<p>11</p> <p>Veteran's Day! Stuffed Mozzarella Breadsticks Marinara Sauce Caesar Salad Chicken Noodle Soup Blueberries</p>
<p>14</p> <p>Pickle Day! Hamburger or Cheese Burger on a WG Bun Romaine/Tomato Pickles Curly Fries Mixed Fruit</p> 	<p>15</p> <p>Nachos Grande Lettuce/cheese cup Salsa Steamed Corn Pears</p>	<p>16</p> <p>French Toast Sticks Syrup Sausage Patty Home Fries Peach Slices</p>	<p>17</p> <p>Roasted Turkey & Gravy Mashed Potatoes & Stuffing Harvest Delight Veggies WG Dinner Roll Pumpkin Pie</p>	<p>18</p> <p>WG Wedge Pizza Roasted Broccoli Fresh Pepper Strips Farm Fresh Apples</p>
<p>21</p> <p>Corn Dog Nuggets Twister Fries Baked Beans Applesauce</p>	<p>22</p> <p>Early Dismissal BAG LUNCHES Parent Teacher Conference</p>	<p>23</p> <p>Early Dismissal BAG LUNCHES Thanksgiving Recess Begins</p>	<p>24</p> <p>25</p> 	
<p>28</p> 	<p>29</p> <p>Chicken Nuggets WG Dinner Roll Mixed Vegetables Baby Carrots Mixed Fruit</p>	<p>30</p> <p>WG Rotini Pasta Meat Sauce Caesar Salad WG Hot Breadstick Cinnamon Applesauce</p>	<p>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)</p>	