

Wallenpaupack Area North Intermediate School

November 2024 Lunch Menu



Menu Subject to Change

Please let your Cafeteria know if you need Gluten Free items.

Students must choose at least **3 of the 5 items** listed to qualify as a Lunch
Meat/Meat Alternative
Vegetable
Bread/Roll
Fruit
Milk

1 item MUST be 1/2 cup fruit or vegetable

Daily Entrée Choices-Choose 1:

Main Hot Item

PBJ Sandwiches

Chicken Caesar Salad

Yogurt, String Cheese, Crackers

Grab & Go Deli Item of the week-

Week 1: Ham & Cheese

Week 2: Turkey & Cheese

Week 3: Treasure Island Tuna Sandwich

Week 4: BUCK Box

Choice of Hot & Fresh Vegetables

Choice of Fresh or Canned Fruit

Choice of 1% White or Chocolate

Fat-Free White Milk \$0.75




Adult Lunch Price

\$5.00

Entrees are \$2.75 with no fruit or vegetable

Additional entrees may be purchased in addition to your free complete lunch.

This Institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
<p>North Intermediate School Manager Peggy Cinerar cinerama@wallenpaupack.org Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org</p>				<p>1</p> <p>Mozzarella Sticks 32 Marinara Sauce 14 Savory Roasted Chickpeas 7 Butternut Squash Soup 9 Mixed Fruit 15</p>
<p>4</p> <p>WG Chicken Nuggets Red Pepper Carrot Slaw 12 Roasted Broccoli 7 Pears 15</p>	<p>5</p> <p>WG Rotini 21 & Garlic Bread 8 Meat 2 or Blush Sauce 7 Green Beans Tossed Salad 2 Red White & Blueberries</p>	<p>6 National Nacho Day!</p> <p>Chicken Nachos 26 Shredded Lettuce, Tomato QUESO, Salsa, Sour Cream Confetti Corn Salad 13 Applesauce 15</p>	<p>7</p> <p>French Bread Pizza 32 Green Beans 7 Tomato & Cucumber Salad 15 Curried Vegetable Soup 13 Peaches 15</p>	<p>8</p> <p>Burger Bar!</p> <p>Burger on a WG Bun 25 Romaine1Tomato1Pickles Oven Baked Fries 13 Mixed Fruit Gelatin</p>
<p>11 Buckhorn Bowl!</p> <p>WG Popcorn Chicken 13 Gravy 3, Cheddar Cheese, Mashed Potatoes 20 & Corn 19 Peaches 15</p>	<p>12</p> <p>Walking Taco 39 Black Bean Salsa 13 Lettuce, Tomato Cheese, Sour Cream Fresh Pears 15</p>	<p>13</p> <p>Butternutty Macaroni & Cheese 52 Apple Celery Salad 18 Roasted Broccoli 5 Mandarin Oranges 16</p>	<p>14</p> <p>National Pickle Day</p> <p>Burger on a WG Bun 25 Romaine1Tomato1Pickles Pickle Soup Oven Baked Fries 13 Mixed Fruit 15</p>	<p>15</p> <p>Mini Corn Dog Nuggets 17 Sweet Potato Fries Comfort Veggie Soup Cucumber Slices 2 & Ranch Blueberries 9 & Cream 2</p>
<p>18</p> <p>Mini Pancakes 35 Sausage Links & Syrup 30 Hash Brown 12 Warm Cinnamon Apples</p>	<p>19</p> <p>Boneless Chicken Bites 11 BBQ Sweet Chili Hot Wing 3 Sisters Succotash 12 Celery Sticks 3 Peaches 15</p>	<p>20</p> <p>Grilled Cheese 28 Tomato Soup 20 Spaghetti Squash 5 Blueberries 9 & Cream 2</p>	<p>Roasted Turkey & Gravy 3 Mashed Potatoes 20 Stuffing 32 Cranberry Sauce Harvest Delight Veggies 12 WG Dinner Roll 16 Pumpkin Pie 41 <i>National Cranberry Day!</i></p>	<p>22</p> <p>Chicken Patty on a Bun 36 Green Beans 7 Red Pepper Strips 3 Applesauce 15</p>
<p>25</p> <p>WG Chicken 20 Bowtie Noodles 42 & Cheese 3 Roasted Broccoli 5 Cucumber Slices 4 Peaches 15</p>	<p>26</p> <p>Early Dismissal Breakfast Only Bag Lunches Available</p>	<p>27</p> <p>Early Dismissal Breakfast Only Bag Lunches Available</p>	