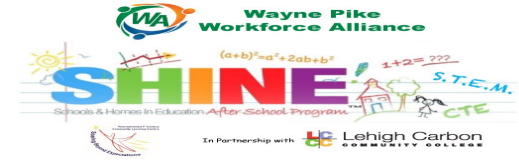


# Wallenpaupack Area North School SHINE

## October 2024 Supper Menu



**Good nutrition today means a stronger tomorrow! Building for the Future with CACFP Learn more about CACFP at USDA's website: <https://www.fns.usda.gov/> USDA is an equal opportunity provider, employer and lender. United States Department of Agriculture Food and Nutrition Service FNS-317 Meals served here must meet USDA's nutrition standards. Menu Subject to Change**

Mon	Tue	Wed	Thu
<b>Middle School Manager</b> Shannon Marchetti marchesh@wallenpaupack.org <b>North Intermediate School Manager</b> Peggy Cinerar cinerama@wallenpaupack.org	1 Brunch for dinner Scrambled Eggs, Bacon, Pancakes with Blueberry sauce Home fries Orange juice	2 Chicken Parm with Spaghetti Garlic bread Garden Salad Fresh Fruit	3 Cheese Burger Bar Fries Watermelon
7 Grilled Cheese Tomato Soup Goldfish crackers Fresh Fruit	8 Chicken Nuggets Baked Mac and Cheese Roasted Broccoli Fresh Fruit	9 Walking Tacos Lettuce, tomato, cheddar, sour cream Roasted Corn peaches	10 Pizza Garden Salad Side kicks
14 No School	15 French toast Hash brown patty Warm apples	16 Baked Ziti Spinach Salad Blueberry crisp	17 Grilled Chicken Loaded Baked Potato Broccoli Fresh Fruit
21 Cheese Burger Fries Peas Fresh Apples	22 Chicken and Broccoli Fried rice Egg roll Pineapple	23 Beef or Cheese Enchiladas Spanish Rice Refried Beans	24 Mozzarella Sticks Marinara sauce Anti pasta Chopped Salad Fresh Fruit
28 Fried Chicken Corn on the cobb Mac and cheese Ice cream	29 Chicken or Beef Cheese Steak Fries Apple cobbler	30 Spaghetti and Meatballs Garlic Bread Salad Fresh Fruit	31 Boneless chicken bites Ghost Mashed Potatoes Roasted baby Carrots Brownie