



# Wallenpaupack Area High School October 2024 Lunch Menu



*Menu Subject to Change*

## Free Lunch Daily for ALL Students

### Daily Lunch Offerings

- Homemade Pizza
- Chicken Patty on a Bun
- Salad Bar
- Grab & Go Sandwiches
- Yogurt Parfaits
- PBJ Sandwiches
- Hot & Fresh Vegetables
- Assorted Fresh or Canned Fruit
- 1% White or Chocolate Fat-Free White

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**

Milk \$0.50

**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.**

**A Second Lunch is \$5.00**

Look for the Gluten Free symbol- these items can be made Gluten Free

*This Institution is an equal opportunity provider*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> <b>Buckhorn Bowl!</b> WG Popcorn Chicken 13 Gravy 3, Cheddar Cheese, Mashed Potatoes 20 & Corn 19 Pears 15	<b>1</b> <b>National Taco Day!</b> Walking Taco 39 Black Bean Salsa 13 Lettuce, Tomato Cheese, Sour Cream Cantaloupe 8	<b>2</b> BBQ Chicken Wrap Red Pepper Carrot Slaw 12 Roasted Broccoli 7 Fresh Nectarine 15	<b>3</b> <b>Burger Bar!</b> Burger on a WG Bun 25 Romaine1Tomato1Pickles Oven Baked Fries 13 Fresh Plums 8	<b>4</b> Mozzarella Sticks 32 Marinara Sauce 14 Mediterranean Quinoa Salad 21 Mixed Fruit 15
<b>7</b> <b>PA Preferred Day!</b> Apple Pork BBQ 34 Mini Pierogies 24 Kale Apple Salad 24 Farm Fresh Apple Crisp 25	<b>8</b> Build a Burrito Day! WG Rice 20 Stir Fry Vegetables 6 Pears 15	<b>9</b> Buffalo Chicken Wrap Glazed Carrots 10 Cucumber Slices 2 & Ranch Blueberries 9 & Cream 2	<b>10</b> Chicken Riggies Green Beans 7 Tomato & Cucumber Salad 15 Peaches 15	<b>11</b> <b>Hispanic Heritage Day!</b> Arroz con Pollo Chicken & Rice 31 Roasted Peppers 3 Applesauce 14
	<b>15</b> Battered Fish 16 & Chips 18 Corn 18 Veggie Sticks 4 Treasure Chest Fruit Salad	<b>16</b> <b>Go Orange Day!</b> Mandarin Chicken 19 WG Rice 26 Orange Glazed Carrots 29 Orange Wedges 20 Mandarin Oranges 16	<b>17</b> <b>National Pasta Day!</b> WG Pasta 21 Blush Sauce with Chicken 20 Apple Cranberry Coleslaw 17 Strawberries 8&Cream 2 Cookie 33	<b>18</b> Chicken Nachos 26 Shredded Lettuce, Tomato QUESO, Salsa, Sour Cream Confetti Corn Salad 13 Pineapple 11
<b>21</b> French Dip Sandwich Broccoli 5 Baby Carrots 12 Pears 15	<b>22</b> Chicken & Broccoli Stir Fry Green Peas 11 Celery Sticks 3 Applesauce 15	<b>23</b> Burger on a WG Bun 25 Romaine1Tomato1Pickles Oven Baked Fries 13 Blueberry Crisp 32	<b>24</b> Chicken Cordon Blue Apple Cider Slaw 8 Mixed Fruit 15	<b>25</b> Baked Ziti Green Beans 7 Red Pepper Strips 3 Applesauce 15
<b>28</b> WG Chicken 20 Bowtie Noodles 42 & Cheese 3 Roasted Broccoli 5 Cucumber Slices 4 Peaches 15	<b>29</b> Taco Bar 39 Confetti Corn Salad 19 Lettuce, Tomato Cheese, Sour Cream Pears 15	<b>30</b> French Toast Sausage Links & Syrup 30 Hash Brown 12 Warm Cinnamon Apples 14	<b>31</b> <b>Happy Halloween!</b> Mummy Dogs Hot Dogs 3 wrapped in Crescent Rolls 12 Apple Celery Salad 21 Baked Beans 20 Mandarin Oranges 16	<i>High School Manager            Dana Anolfo            anolfoda@wallenpaupack.org            Director of Food Service            Heather Fedoryk, RDN            fedoryhe@wallenpaupack.org</i>