



Wallenpaupack Area South Elementary School

October 2024 Breakfast Menu



Menu Subject to Change

Free Breakfast in the Classroom Daily for ALL Students

Students must choose at least **3 items** listed to qualify as a breakfast

Meat/Meat Alternative
Vegetable
Bread/Roll
Fruit
Milk

1 item MUST be 1/2 cup fruit or vegetable

Breakfast Entrée: \$2.75
Adult Breakfast: \$3.00
Milk: \$0.75
Juice/Fruit: \$0.50

Daily Breakfast Offerings
Choice of Entrée:
 Hot Item of the Day
 Assorted Whole Grain Cereals
 Cereal Bars and Pop Tarts

Choice of Fruit/Juice:
 Assorted Fresh or Canned Fruit
 100% Fruit Juice

Choice of Milk:
 1% White or Chocolate
 Fat-Free White

This Institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
30 Breakfast Pizza 26 100% Assorted Juice Choice of Fruit Choice of Milk	1 WG Muffins 23 & String Cheese 2 100% Assorted Juice Choice of Fruit Choice of Milk	2 Sausage Pancake Stick 23 100% Assorted Juice Choice of Fruit Choice of Milk	3 WG Frudel 38, HB Egg 2 100% Assorted Juice Tropical Fruit Salad Choice of Milk	4 Buck McMuffin 30 Ham, Egg & Cheese on an English Muffin 100% Assorted Juice Choice of Fruit Choice of Milk
7 WG Donuts 38 & HB Egg 2 100% Assorted Juice Choice of Fruit Choice of Milk	8 WG Cinnamon Rolls 38 & String Cheese 2 100% Assorted Juice Choice of Fruit Choice of Milk	9 WG Pancakes 35 100% Assorted Juice Choice of Fruit Choice of Milk	10 Yogurt 12, HB Egg 2 Crackers 100% Assorted Juice Choice of Fruit Choice of Milk	11 Bacon, Egg & Cheese on an English Muffin 23 100% Assorted Juice Choice of Fruit Choice of Milk
14 No School	15 Bagel & Cream Cheese 26 100% Assorted Juice Choice of Fruit Choice of Milk	16 WG French Toast 38 Choice of Fruit Choice of Milk	17 WG Frudel 38, HB Egg 2 100% Assorted Juice Choice of Fruit Choice of Milk	18 Egg & Cheese Sandwich Choice of Fruit Choice of Milk
21 Sausage Pancake Stick 23 100% Assorted Juice Choice of Fruit Choice of Milk	22 WG Muffins 23 & HB Egg 2 100% Assorted Juice Choice of Fruit Choice of Milk	23 WG Cinnamon Rolls 38 & String Cheese 2 100% Assorted Juice Choice of Fruit Choice of Milk	24 Yogurt 12, HB Egg 2 Crackers 100% Assorted Juice Choice of Milk	25 Ham, Egg, Cheese on a WG Croissant 32 100% Assorted Juice Choice of Fruit Choice of Milk
28 Breakfast Pizza 26 100% Assorted Juice Choice of Fruit Choice of Milk	29 Bagel & Cream Cheese 26 100% Assorted Juice Choice of Fruit Choice of Milk	30 WG Waffles 35 100% Assorted Juice Choice of Fruit Choice of Milk	31 WG Donuts 38 & String Cheese 2 100% Assorted Juice Choice of Fruit Choice of Milk	South Elementary Manager GeJa Richards richarge@wallenpaupack.org Director of Food Service Heather Fedoryk, RDN fedoryhe@wallenpaupack.org