

OCTOBER High School Lunch Menu



Food Service Director: Ryne Spaulding
Rspaulding@whsdk12.com
570-253-6083 Ext: 1

The Grille

Monday — Grilled Cheese Sandwich
Tuesday — Pasta & Meat Sauce
Wednesday — Bacon Cheese Burger
Thursday — Popcorn Chicken Bowl w/
Fresh Sliced Bread
Friday — Cheesy Pull-a-Parts

The Garden

Breaded Chicken Caesar Salad
Chef Salad w/ Turkey & Ham
Breaded Chicken Salad

The Pizzeria

Cheese Pizza offered everyday!
Monday — BBQ Chicken Pizza
Tuesday — Sausage & Cheese Pizza
Wednesday — Broccoli Pizza
Thursday — Buffalo Chicken Pizza
Friday — Cheesy White Pizza

Grab & Go

Chicken Patty on a Bun offered everyday!
Yogurt Parfait always available!
Monday — Ham & Cheese Wrap
Mozzarella Sticks w/ Sauce
Tuesday — Chicken & Cheese Wrap
Cheese Burger
Wednesday — Bacon Chicken Ranch Wrap
Mozzarella Sticks w/ Sauce
Thursday — Breaded Chicken Caesar Wrap
Cheese Burger
Friday — Breaded Chicken Ranch Wrap
Mozzarella Sticks w/ Sauce

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beef Burrito Bowl Steamed Rice Pico de Gallo Oranges Low Fat Milk 	4 Buffalo Chicken Alfredo Slice of Fresh Bread Steamed Carrots Strawberries Low Fat Milk	5 Pancakes and Sausage Tater Tots Apple Sauce Low Fat Milk	6 Spaghetti and Meatballs Steamed Corn Pear Low Fat Milk	7 Mozzarella and Tomato Panini Mixed Vegetables Mixed Fruit Low Fat Milk 12:30 Dismissal
10 Walking Taco with Beef Slice of Fresh Bread French Fries Apple Slices Low Fat Milk	11 Baked Rigatoni Slice of Fresh Bread Mixed Vegetables Diced Peaches Low Fat Milk	12 Italian Panini Kale Caesar Pineapple Tidbits Low Fat Milk 	13 Macaroni and Cheese Slice of Fresh Bread Mashed Potatoes Gravy Oranges Low Fat Milk	14 Meatball Hoagie Shredded Cheese Steamed Green Peas Mixed Fruit Low Fat Milk
17 Boneless Wings Slice of Fresh Bread Oven Roasted Carrots Oranges Low Fat Milk	18 Three Cheese Grilled Panini Steamed Green Beans Mixed Fruit Low Fat Milk	19 Chicken Burrito Bowl Steamed Rice Steamed Broccoli Apple Sauce Low Fat Milk	20 Cheesesteak Mashed Potatoes Pear Low Fat Milk	21 National Apple Day Meatloaf with Gravy Slice of Fresh Bread Steamed Green Peas Apple Crisp Low Fat Milk 
24 Pepperoni Calzones Steamed Corn Apple Slices Low Fat Milk	25 Hot Turkey Sandwich and Gravy Steamed Green Beans Diced Peaches Low Fat Milk	26 Beef and Cheese Loaded Fries Slice of Fresh Bread Steamed Broccoli Pineapple Tidbits Low Fat Milk 12:30 Dismissal	27 BBQ Pork Sandwich Mashed Potatoes Gravy Mandarin Oranges Low Fat Milk 	28 Waffles and Sausage Tater Tots Mixed Fruit Low Fat Milk
31 Breaded Chicken Parmesan with Pasta Oven Roasted Carrots Oranges Low Fat Milk				

The Deli

Italian Hoagie
Peanut Butter & Jelly Sandwich
Breaded Buffalo Chicken Wrap
All offered daily!

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

***Vegetable Bar includes:**
Broccoli Florets
Baby Carrots
Cauliflower
Celery Sticks
Fresh Cucumber

***Fruits include:**
Banana
Apple
Orange
Apple-Slices
Grapes
Pear
Apple-Sauce
Diced Peaches
Mixed-Fruit
Pineapple Tidbits
Mandarin Oranges
Strawberries

Milk

Milk Choices Offered Daily:
1% white, non-fat white, non-fat chocolate

Proud to manage your food service program

Lunch Prices: Paid \$2.85 Reduced \$.40

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE