

May 2017

Wilkes-Barre Area School District: High School Lunch Menu



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The Grille

Monday
 Meatball Hoagie
 Chicken Patty—Spicy or Plain

Tuesday
 Taco Salad with Chips and Bread
 Chicken Strips with Bread

Wednesday
 Cheese Steak Hoagie
 Chicken Tenders with Bread

Thursday
 Bacon Cheeseburger
 Hot Wing Hoagie

Friday
 BBQ Rib on a Bun
 Popcorn Chicken with bread

The Garden

Garden Salad with Cheese and Breaded Chicken Over Mixed Green Salad
 Offered Daily
 Selections Vary Daily but may include:
 Chef
 Vegetarian Garden
 Breaded Chicken
 Grilled Chicken
 Chicken Caesar

Salads served with Sliced Bread,
 your choice: Fruit and Low Fat Milk
 Reduced Calorie Dressing Available Daily

The Pizzeria

Mozzarella Cheese and Pepperoni
 Pizza Available Daily

Mon: Buffalo Chicken Pizza
 Tues: Broccoli White Pizza
 Wed: BBQ Chicken Pizza
 Thur: Cheese Steak Pizza
 Fri: Chicken, Bacon Ranch

Pizza Entrée served with your choice:
 Fruit, Vegetable and
 Low Fat Milk

Monday	Tuesday	Wednesday	Thursday	Friday
5/1 Crispy Fish Sandwich Steamed Green Bean Diced Pear Fat Free Milk	5/2 Pierogis With Bread Sweet Peas Mixed Fruit Low Fat Milk	5/3 Baked Chicken on the Bone with Biscuit Broccoli Florets Mandarin Oranges Fat Free Milk	5/4 Star Wars Day May the 4th be With You Darth Vader Loaded Chili Cheese Tators Tots Bobo-Fet Bread Slice Millennium Fal-Corn Jedi Juicy Peaches Princess Leah Low Fat Milk Free Wookiee Cookie	5/5 Cinco De Mayo Pork Carnitas Burrito Bowl with Rice Seasoned Black Beans Pineapple Tidbits Low Fat Milk
5/8 Potato Puff Bake w/ sliced bread Green Beans Mixed Fruit Fat Free Milk	5/9 Mac & Cheese with Bread Plump Peas Cinnamon Apples Fat Free Milk	5/10 Open Faced Salisbury Steak Sandwich with Gravy Glazed Sliced Carrots Pears Fat Free Milk	5/11 Breakfast for Lunch French Toast Sticks and Sausage Patties Tater Tots Applesauce Fat Free Milk	5/12 Italian Dunkers Steamed Broccoli Juicy Peaches Fat Free Milk
5/15 Pasta with Meat Sauce and Bread Green Beans Diced Pears Fat Free Milk	5/16 Buffalo Chicken Stromboli Glazed Carrots Juicy Peaches Fat Free Milk	5/17 Pork Patty with Bread Mixed Vegetables Pineapple Tidbits Fat Free Milk	5/18 Chicken Fajitas with Spanish Rice Steamed Corn Mixed Fruit Low Fat Milk	5/18 Grilled Cheese Broccoli Florets Applesauce Fat Free Milk
5/22 Corn Dog Nuggets Baked Beans Sliced Peaches Fat Free Milk	5/23 Popcorn Chicken Bowl with Bread Broccoli Applesauce Fat Free Milk	5/24 Cheeseburger "Wrap Attack" Baked Fries Sliced Pears Fat Free Milk	5/25 Fish Sticks Steamed Green Beans Pineapple Tidbits Fat Free Milk	5/26 Sweet and Sour Pork Over Rice with Bread Steamed Peas Mandarin Oranges Fat Free Milk
5/29 Memorial Day No School	5/30 Sloppy Joe on a Bun Sliced Carrots Juicy Peaches Low Fat Milk	5/31 Twin Hot Dogs Baked Beans Apple Slices Low Fat Milk	6/1 Chef's Choice Hot Vegetable Assorted Fruit Low Fat Milk	6/2 Chef's Choice Hot Vegetable Assorted Fruit Low Fat Milk

The Deli

Selections Vary Daily but may include:
 Spicy Italian Hoagie
 Oven Roasted Turkey and Cheese
 Ham & Cheese
 Tuna Salad
 Chicken Salad
 Buffalo Wrap
 Caesar Wrap
 Turkey Club Wrap
 Selections Offered with a Choice of
 Fruits, Vegetables and
 Low Fat Milk

Accompaniments

You may take Two, half cup servings
 of Fruits and Vegetables
 *Must take at least one 1/2 cup servings
 of fruit or vegetable to be considered a meal
 Fruit and Vegetable Selections Vary Daily
 but may include:

Broccoli Florets
 Baby Carrots
 Dark Green Leafy
 Legume Salad
 Celery
 Cucumbers

Fresh Apples
 Fresh Orange
 Petite Banana
 Apple Sauce
 Peaches
 Diced Pears
 Mixed Fruit

Milk

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



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



Recipe of the
 Month

MENUS SUBJECT TO CHANGE