

Wilkes-Barre Area School Elementary Lunch Menu May 2017

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*Fruits include:

Fresh Orange
Banana
Crisp Apple
Sliced Peaches
Mixed Fruit
Pineapple Tidbits
Diced Pears

May Choose one 1/2 Cup Serving of Fruits and Two 1/2 Cup Servings of Vegetables



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Alternate
1 Chicken Parmesan with Bread Slice Green Beans Mixed Fruit Low Fat Milk	2 Hot Ham and Cheese Cosmo Steamed Broccoli Pineapple Low Fat Milk	3 Cheeseburger on a Bun Baked Beans Sliced Pears Low Fat Milk	4 Star Wars Day- May the 4th Be With You Light Saber French Toast Sticks Skywalker Sausage Patties Darth Vader Tots Yoda Green Applesauce Princess Leah Low Fat Milk	5 Cinco De Mayo Chicken Fajita with Tortilla and Bread Golden Corn Mandarin Oranges Low Fat Milk	Week 1 Turkey and Cheese Sandwich Peanut Butter and Jelly Sandwich Crispy Chicken Caesar Salad with Bread
8 Hot Dog on a Bun Baked Beans Juicy Peaches Low Fat Milk	9 Taco Nacho's with Bread Golden Corn Sliced Apples Fat Free Milk	10 Orange Kissed Chicken with Rice Steamed Broccoli Diced Pears Low Fat Milk	11 Pulled Pork BBQ on a Bun Carrot Coins Pineapple Tidbits Low Fat Milk	12 Cheesy Pizza Green Beans Mixed Fruits Low Fat Milk	Week 2 Bologna and Cheese Sandwich Peanut Butter and Jelly Sandwich Chef Salad with Bread
15 Corn Dog Nuggets Steamed Broccoli Diced Peaches Low Fat Milk	16 Mac and Cheese with Bread Green Beans Sliced Pears Low Fat Milk	17 Breaded Pork Patty with Slice of Bread Mixed Vegetables Mandarin Oranges Low Fat Milk 	18 Meatball Hoagie Carrot Coins Applesauce Low Fat Milk	19 <i>Fiesta Tostada Mexican Pizza</i> Sweet Peas Tropical Fruit Salad Low Fat Milk	Week 3 Ham and Cheese & Cheese Sandwich Peanut Butter and Jelly Sandwich Crispy Chicken Caesar Salad with Bread
22 Sloppy Joe on a Bun Carrot Coins Mixed Fruit Low Fat Milk	23 Fish Sticks with Bread Steamed Broccoli Diced Pears Low Fat Milk	24 Grilled Cheese Baked Beans Pineapple Low Fat Milk	25 Chicken Cheese Steak Sweet Peas Cinnamon Apple slices Low Fat Milk	26 Cheesy Pizza Square Mixed Vegetables Juicy Peaches Low Fat Milk	Week 4 Turkey and Cheese Sandwich Peanut Butter and Jelly Sandwich Chef Salad with Bread
29 NO SCHOOL 	30 Chicken Cordon Blue On a Bun Green Beans Mixed Fruit Low Fat Milk	31 BBQ Rib on a Bun Broccoli Florets Pineapple Tidbits Fat Free Milk	6/1 Salisbury Steak with 2 Slices of Bread Carrot Coins Diced Pears Low Fat Milk	6/3 Chicken Nuggets with Bread Sweet Peas Applesauce Cups Low Fat Milk	Week 5 Ham and Cheese Sandwich Peanut Butter and Jelly Sandwich Crispy Chicken Caesar with Bread

Monday Alternate

Chicken Patty Sandwich

Tuesday Alternate

Chicken Nuggets with Bread

Wed Alternate

Chicken Patty Sandwich

Thursday Alternate

Chicken Nuggets with Bread

Friday Alternate

Chicken Nuggets with Bread

