



WYOMISSING AREA SCHOOL DISTRICT LUNCH MENU



WHEC January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meals are Free until June 2021	ADULT \$4.10 On-line payments can be made at schoolcafe.com Menus Are Subject to Change		
3 Chicken Drumstick Scalloped Potatoes Green Beans Assorted Fruit Low Fat or Fat Free Milk	4 Cheese Steak Sandwich Baked Beans Assorted Fruit Low Fat or Fat Free Milk	5 Penne Pasta w/ Meat Sauce Broccoli Assorted Fruit Low Fat or Fat Free Milk	6 Crispy Chicken Sandwich Corn Assorted Fruit Low Fat or Fat Free Milk	7 Pizza Steamed Carrots Assorted Fruit Low Fat or Fat Free Milk
10 Pizza Chicken Quesadilla Ranchero Pinto Beans Sour Cream Assorted Fruit Low Fat or Fat Free Milk	11 Bosco Sticks w/ Pizza Sauce Broccoli Assorted Fruit Low Fat or Fat Free Milk	12 Popcorn Chicken w/ Waffles Peas Assorted Fruit Low Fat or Fat Free Milk	13 Grilled Cheese Tater Tots "Cookie Treat" Assorted Fruit Low Fat or Fat Free Milk	14 "Early Dismissal" Pizza Lunchable Carrot Sticks Assorted Fruit Low Fat or Fat Free Milk
17 Schools Closed Assorted Fruit Low Fat or Fat Free Milk	18 Pork Ribbque Sandwich Baked Beans "Cookie Treat" Assorted Fruit Low Fat or Fat Free Milk	19 Meatball Marinara w/ Rotini Broccoli Assorted Fruit Low Fat or Fat Free Milk	20 Cheeseburger Sweet Potato Fries Assorted Fruit Low Fat or Fat Free Milk	21 Garlic French Bread Pizza Corn Assorted Fruit Low Fat or Fat Free Milk
24 Mozzarella Sticks w/ Pizza Sauce Broccoli Assorted Fruit Low Fat or Fat Free Milk	25 Beef Nachos w/ WG Tostitos Fiesta Black Beans Cheese Cup Assorted Fruit Low Fat or Fat Free Milk	26 Mac & Cheese w/ Goldfish Pretzels Peas Assorted Fruit Low Fat or Fat Free Milk	27 Teriyaki Chicken w/ WG Rice Steamed Carrots Assorted Fruit Low Fat or Fat Free Milk	28 Pizza Mixed Vegetables Assorted Fruit Low Fat or Fat Free Milk

AVAILABLE DAILY ENTRÉE ALTERNATIVES

PB&J UNCRUSTABLES
YOGURT W/ GRANOLA

EVERY MEAL INCLUDES: ENTREE, VEGETABLE & FRUIT SERVINGS AND A CHOICE OF ASSORTED FAT FREE AND LOW FAT MILK.
WE OFFER AN ASSORTMENT OF FRESH, CANNED AND FROZEN FRUIT DAILY

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