



WYOMISSING AREA SCHOOL DISTRICT LUNCH MENU



WHEC May & June 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Crispy Chicken Sandwich Green Beans Assorted Fruit Low Fat or Fat Free Milk	3 Popcorn Chicken w/ Dinner Roll Mashed Potatoes Assorted Fruit Low Fat or Fat Free Milk	4 "Cold Meal" Grilled Chicken Caesar Salad WG Cheddar Gold Fish Side Kick Slushy Low Fat or Fat Free Milk	5 Beef Nachos w/ WG Tostitos Ranchero Pinto Beans Assorted Fruit Low Fat or Fat Free Milk	6 Pizza Steamed Carrots Assorted Fruit Low Fat or Fat Free Milk
9 Pork Ribbique Sandwich Baked Beans Assorted Fruit Low Fat or Fat Free Milk	10 Teriyaki Chicken w/ WG Rice Peas Assorted Fruit Low Fat or Fat Free Milk	11 Grilled Cheese Seasoned Wedges "Cooky Treat" Assorted Fruit Low Fat or Fat Free Milk	12 Turkey & Cheese Melt Sub Tater Tots Assorted Fruit Low Fat or Fat Free Milk	13 Pizza California Blend Vegetables Assorted Fruit Low Fat or Fat Free Milk
16 Pulled Pork w/ WG Rice Fiesta Black Beans Assorted Fruit Low Fat or Fat Free Milk	17 Turkey Meat Sauce w/ Penne Pasta Green Beans Assorted Fruit Low Fat or Fat Free Milk	18 Hot Ham & Cheese on a Pretzel Roll French Fries Assorted Fruit Low Fat or Fat Free Milk	19 Pizza Glazed Carrots Assorted Fruit Low Fat or Fat Free Milk	20 Bosco Sticks w/ Marinara Sauce Broccoli Assorted Fruit Low Fat or Fat Free Milk
23 "Brunch For Lunch" Scrambled Eggs w/ WG Graham Cracker Home Fries Assorted Fruit Low Fat or Fat Free Milk	24 Mac & Cheese Baked Beans Assorted Fruit Low Fat or Fat Free Milk	25 Cheeseburger Smiley Fries Assorted Fruit Low Fat or Fat Free Milk	26 Garlic French Bread Pizza Broccoli Assorted Fruit Low Fat or Fat Free Milk	27 "Early Dismissal" Pizza Lunchable Baby Carrots Assorted Fruit Low Fat or Fat Free Milk
30 Schools Closed	31 "Cold Meal" Turkey Ham and Cheese Sandwich Baby Carrots Assorted Fruit Low Fat or Fat Free Milk	1-Jun "Cold Meal" Pizza Lunchable Cold Vegetable Assorted Fruit Low Fat or Fat Free Milk	2-Jun "Cold Meal" PB&J UNCRUSTABLES Cold Vegetable Assorted Fruit Low Fat or Fat Free Milk	Meals are Free Through June 2022 Menus Are Subject to Change On-line payments can be made at schoolcafe.com ADULT MEAL \$4.10

AVAILABLE DAILY ENTRÉE ALTERNATIVES
PB&J UNCRUSTABLES
YOGURT W/ GRAHAM CRACKER

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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