




WYOMISSING AREA SCHOOL DISTRICT LUNCH MENU



WHEC September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menus Are Subject to Change On-line payments can be made at schoolcafe.com</p> <p>FULL PRICE STUDENT MEAL \$2.60</p> <p>REDUCED MEAL \$.40</p> <p>ADULT MEAL \$4.15</p>	<p>ONLINE CAFETERIA SERVICES</p> 			<p>2</p> <p>Schools Closed</p>
<p>5</p> <p>Labor Day Schools Closed</p>	<p>6</p> <p>First Day of School</p> <p>Italian Combo Sandwich WG Roll Crunchy Carrots</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>7</p> <p>Ham & Cheese on a Pretzel Roll Broccoli</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>8</p> <p>Turkey, Cheese w/ WG Crackers Lunchable Grape Tomatoes</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>9</p> <p>Pizza Lunchable Chickpea Salad "Cooky Treat"</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>
<p>12</p> <p>Turkey, Turkey Ham & Cheese Wedge Sandwich Broccoli</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>13</p> <p>Grilled Chicken Caesar Salad WG Cheddar Gold Fish</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>14</p> <p>Chocolate or Pizza Hummus WG Pretzels Crunchy Carrots</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>15</p> <p>Italian Combo Wrap Celery Sticks Baked Chips</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>16</p> <p>Pizza Lunchable Three Bean Salad</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>
<p>19</p> <p>Italian Combo Sandwich WG Roll Grape Tomatoes</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>20</p> <p>Turkey Ham & Cheese Croissant Celery Sticks</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>21</p> <p>Early Dismissal</p> <p>PB&J Un crustables Yogurt w/ Sunflower Seeds Crunchy Carrots</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>22</p> <p>Turkey, Cheese w/ WG Crackers Lunchable Broccoli</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>23</p> <p>Pizza Lunchable Chickpea Salad</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>
<p>26</p> <p>Turkey, Turkey Ham & Cheese Wedge Sandwich Tossed Salad</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>27</p> <p>Chocolate or Pizza Hummus WG Pretzels Crunchy Carrots</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>28</p> <p>Grilled Chicken Caesar Salad WG Cheddar Gold Fish</p> <p>Side Kick Slushy Low Fat or Fat Free Milk</p>	<p>29</p> <p>Italian Combo Wrap Celery Sticks "Cooky Treat"</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>	<p>30</p> <p>Pizza Lunchable Three Bean Salad</p> <p>Assorted Fruit Low Fat or Fat Free Milk</p>

AVAILABLE DAILY ENTRÉE ALTERNATIVE
 PB&J UNCRUSTABLES
 YOGURT W/ SUNFLOWER SEEDS

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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