




WYOMISSING AREA SCHOOL DISTRICT LUNCH MENU



WREC October 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 REDUCED MEAL \$.40 ADULT MEAL \$4.15</p>	<p>ONLINE CAFETERIA SERVICES</p> 			
<p>3</p> <p>Terriyaki Chicken Brown Rice Steamed Carrots Assorted Fruit Low Fat or Fat Free Milk</p>	<p>4</p> <p>Popcorn Chicken w/ WG Roll Mashed Potatoes Green Beans Assorted Fruit Low Fat or Fat Free Milk</p>	<p>5</p> <p>Bosco Sticks w/ Marinara Sauce Broccoli Assorted Fruit Low Fat or Fat Free Milk</p>	<p>6</p> <p>Hot Ham & Cheese on a Pretzel Roll French Fries Assorted Fruit Low Fat or Fat Free Milk</p>	<p>7</p> <p>Pizza Chickpea Salad Assorted Fruit Low Fat or Fat Free Milk</p>
<p>10</p> <p>Schools Closed</p>	<p>11</p> <p>Turkey Meat Sauce w/ Penne Pasta Broccoli Assorted Fruit Low Fat or Fat Free Milk</p>	<p>12</p> <p>Cheeseburger Sweet Potato Fries Assorted Fruit Low Fat or Fat Free Milk</p>	<p>13</p> <p>Grilled Chicken Caesar Salad CROUTONS WG Cheddar Gold Fish Side Kick Slushy Assorted Fruit Low Fat or Fat Free Milk</p>	<p>14</p> <p>Garlic French Bread Pizza Three Bean Salad Assorted Fruit Low Fat or Fat Free Milk</p>
<p>17</p> <p>Crispy Chicken Sandwich Steamed Carrots Assorted Fruit Low Fat or Fat Free Milk</p>	<p>18</p> <p>Mac & Cheese w/ Corn Bread Peas Assorted Fruit Low Fat or Fat Free Milk</p>	<p>19</p> <p>"Brunch for Lunch" Scrambled Eggs WG Biscuit Home Fries Assorted Fruit Low Fat or Fat Free Milk</p>	<p>20</p> <p>Hot Dog Baked Beans "Baked Lays" Assorted Fruit Low Fat or Fat Free Milk</p>	<p>21</p> <p>Stuffed Crust Pizza Green Beans Assorted Fruit Low Fat or Fat Free Milk</p>
<p>24</p> <p>Beef Nachos WG Tostitos Ranchero Pinto Beans Assorted Fruit Low Fat or Fat Free Milk</p>	<p>25</p> <p>Chicken Alfredo w/ Penne Pasta Broccoli Assorted Fruit Low Fat or Fat Free Milk</p>	<p>26</p> <p>Pizza Max Sticks Marinara Sauce Seasoned Wedge Fries Assorted Fruit Low Fat or Fat Free Milk</p>	<p>27</p> <p>General Tsos Chicken w/ Brown Rice Steamed Carrots Assorted Fruit Low Fat or Fat Free Milk</p>	<p>28</p> <p>Garlic French Bread Pizza California Blend Vegetables Assorted Fruit Low Fat or Fat Free Milk</p>
<p>31</p> <p>Boneless Wings w/ WG Waffles Peas "Cooky Treat" Assorted Fruit Low Fat or Fat Free Milk</p>				

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

On-line payments can be made at schoolcafe.com