WYOMING AREA ELEMENTARY LUNCH MENU

October 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Mashed Potato Bowl with Roll Steamed Corn Baby Carrots	2 Cheese Pizza Sliced Carrots Red Pepper Strips
Daily Offerings: Breadstick Dipper Craveable (V)				
5 Chicken Nuggets with Roll Oven Fries Sliced Cucumber	6 Mac & Cheese with Dinner Roll (V) Green Beans Cherry Tomato	7 Cheeseburger Baked Beans Green Pepper Strips	NATIONAL PIEROGI DAY 8 Potato & Cheese Pierogi Served with a Dinner Roll Sliced Carrots Coleslaw	9 NATIONAL SAUSAGE PIZZA DAY Sausage Pizza Mixed Vegetables Cucumber Slices
Daily Offerings: Yogurt Craveable (V)				
12 Columbus Day	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Asian Sesame Chicken over Rice Steamed Broccoli Carrot Sticks	15 **Breakfast for Lunch:** Pancakes with Cheese Omelet Tri-Taters Red Pepper Strips	16 Max Pizza Sticks with Dipping Sauce (V) Oven Roasted Zucchini Celery Sticks
Daily Offerings: Soft Pretzel Craveable (V)				
19 Pasta with Meat Sauce Green Beans Cucumber Slices	NATIONAL TACO DAY 20 Beef Hard Shell Tacos Refried Beans Lettuce & Tomato	21 Popcorn Chicken Served with a Dinner Roll Steamed Broccoli Cherry Tomato	22 Grilled Ham & Cheese Sandwich Curly Fries Apple Cider Slaw	23 Cheese Pizza Mixed Vegetables Green Pepper Strips
Daily Offerings: Super Fruit Craveable (V)				
26 Breaded Chicken Tenders with Mini Waffles Crinkle Cut Fries Cucumber Slices	27 Walking Taco with Pretzel Stick Steamed Corn Broccoli Florets	28 Chicken Alfredo over Penne with Breadstick Steamed Broccoli Celery Sticks with Ranch	29 Toasted Cheese Sandwich (V) Tomato Soup Cherry Tomato	30 **EARLY DISMISSAL** Bagged Lunches To-Go
Daily Offerings: Pizza Craveable (V)				

MAKE IT A MEAL!
Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	$0.00
Adult	$5.25

Available Daily
Yogurt Craveable or Peanut Butter & Jelly

Fruit & Veggie Selection
Hot Vegetable, Leafy Salad, Composed Bean Salad, Seasonal Fresh Vegetables
Seasonal Fresh Fruits, Canned Fruit in Light Syrup, 100% Fruit Juice
Students may choose two ½ cup servings.

Milk Selection
1% White
Fat Free Chocolate

Your Dining Services Team
Tom Krulack
General Manager
(570) 655-2836 ext. 2351
Thomas.krulack@metzcorp.com

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

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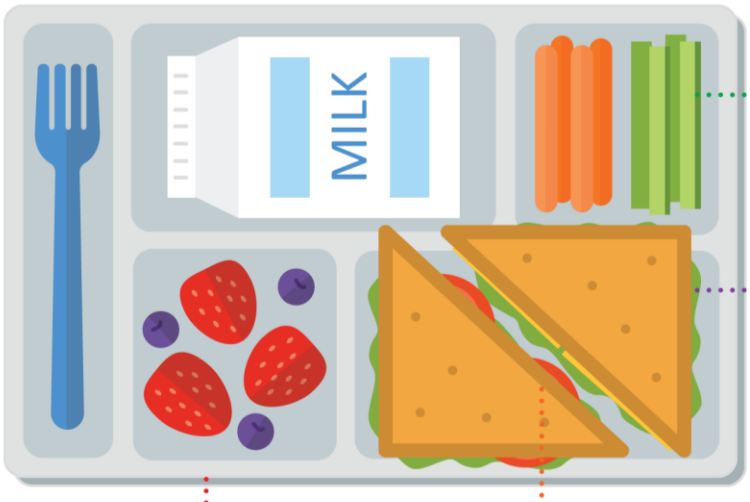

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

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A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch:	$0.00
Adult Lunch:	$5.25

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View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

Meet Your nutritious friends

YOUR DINING SERVICES TEAM
Tom Krulack, General Manager
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