WYOMING AREA KINDERGARTEN LUNCH MENU

October 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Mashed Potato Bowl Buttered Corn	2 Cheese Pizza Sliced Carrots
5 Chicken Nuggets Oven Fries	6 **NATIONAL NOODLE DAY** Mac & Cheese (V) Green Beans	7 Cheeseburger Baked Beans	8 **NATIONAL PIEROGI DAY** Potato & Cheese Pierogi Sliced Carrots	9 **NATIONAL SAUSAGE PIZZA DAY** Sausage Pizza Mixed Vegetables
12 Columbus Day	13 Chicken & Cheese Quesadilla Steamed Corn	14 Asian Sesame Chicken over Rice Steamed Broccoli	15 **Breakfast for Lunch:** Mini Pancakes with Sausage Links Tri-Taters	16 Max Pizza Sticks with Dipping Sauce (V) Mixed Vegetable
19 Pasta with Meat Sauce Green Beans	20 **NATIONAL TACO DAY** Beef Hard Shell Tacos Refried Beans	21 Popcorn Chicken with a Dinner Roll Steamed Broccoli	22 Grilled Ham & Cheese Sandwich Curly Fries	23 Cheese Pizza Mixed Vegetables
26 Chicken Tenders with Mini Waffles Crinkle Cut Fries	27 Walking Taco Steamed Corn	28 Chicken Alfredo over Penne Steamed Broccoli	29 Toasted Cheese Sandwich (V) Tomato Soup	30 EARLY DISMISSAL Bagged Lunches To-Go

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
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(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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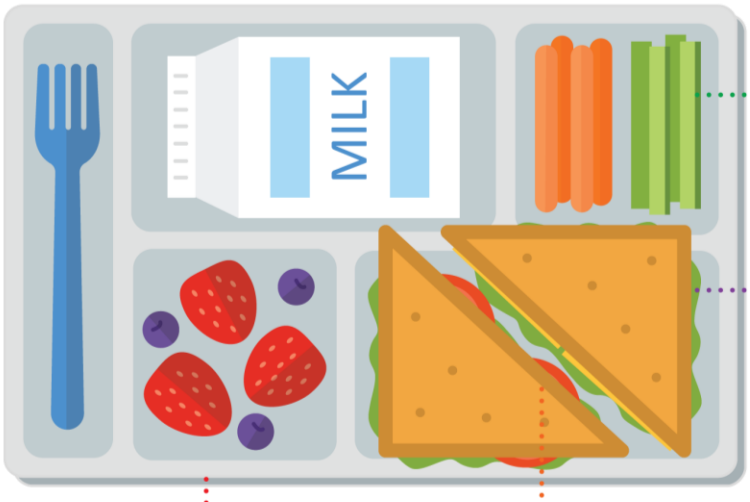

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

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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Choose at least **3** of **5** meal components for the school lunch price:

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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.

YOUR DINING SERVICES TEAM
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