WYOMING AREA SECONDARY LUNCH MENU

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Mashed Potato Bowl with Roll Pepperoni Pizza Steamed Corn Baby Carrots	**2** Toasted Pizza Flatbread Sandwich Meatlover's Pizza Sliced Carrots Red Pepper Strips
Daily Offerings: Chef Salad with Dinner Roll | Turkey & Spinach Roll-up Craveable				
5 Chicken Nuggets with Roll Pepperoni Pizza Oven Fries Baby Carrots	**6** NATIONAL NOODLE DAY Fiesta Mac & Cheese (V) Bacon Pizza Green Beans Caesar Salad	**7** Cowboy Burger Buffalo Chicken Pizza Baked Beans Green Pepper Strips	**8** NATIONAL PIEROGI DAY Lazy Pierogi Served with Popcorn Chicken Pepperoni Pizza Sliced Carrots Corn Salad	**9** NATIONAL SAUSAGE PIZZA DAY Cheeseburger Tater Tot Bowl with Dinner Roll Sausage Pizza Mixed Vegetables Cucumber Slices
Daily Offerings: Crispy Chicken Salad with Dinner Roll | Bagel Craveable (Whole Grain Bagel, Yogurt, Cheese Stick & Cream Cheese)				
12 Columbus Day	**13** Chicken & Cheese Quesadilla Pepperoni Pizza Steamed Corn Salsa	**14** Asian Sesame Chicken over Rice Meatlover's Pizza Steamed Broccoli Carrot Sticks	**15** Breakfast for Lunch: Mini Pancakes with Cheese Omelet Bacon Pizza Tater Triangles Mandarin Spring Salad	**16** Bosco Cheesy Breadsticks with Dipping Sauce (V) Chicken Bacon Ranch Pizza Oven Roasted Zucchini Cucumber Slices
Daily Offerings: Chicken Caesar Salad with Dinner Roll | Nachos Craveable				
19 Pasta with Meat Sauce Pepperoni Pizza Steamed Green Beans Cucumber Slices	**20** NATIONAL TACO DAY Beef Hard Shell Tacos Bacon Pizza Refried Beans Lettuce & Tomato	**21** Apple Pork BBQ Nachos Grande Buffalo Chicken Pizza Steamed Broccoli Baby Carrots	**22** Grilled Ham & Cheese Sandwich Hawaiian Pizza Curly Fries Apple Cider Slaw	**23** Buffalo Chicken Dip with Tortilla Chips Pepperoni Pizza Mixed Vegetables Corn Salad
Daily Offerings: Asian Sesame Chicken Salad Dinner Roll | Ham & Cheese Pretzel Sandwich				
26 Breaded Chicken Tenders with Mini Waffles Bacon Pizza Crinkle Cut Fries Chickpea Salad	**27** Beef Walking Taco Buffalo Chicken Pizza Steamed Corn Garden Side Salad	**28** Chicken Alfredo over Penne with Breadstick Meatlover's Pizza Steamed Broccoli Celery Sticks with Ranch	**29** Toasted Cheese Sandwich Pepperoni Pizza Tomato Soup Roasted Butternut Squash	**30** EARLY DISMISSAL Bagged Lunches To-Go PBJ or Ham & Cheese Sandwich
Daily Offerings: Buffalo Chicken Salad | Roasted Red Pepper Hummus Craveable				

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

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 Milk

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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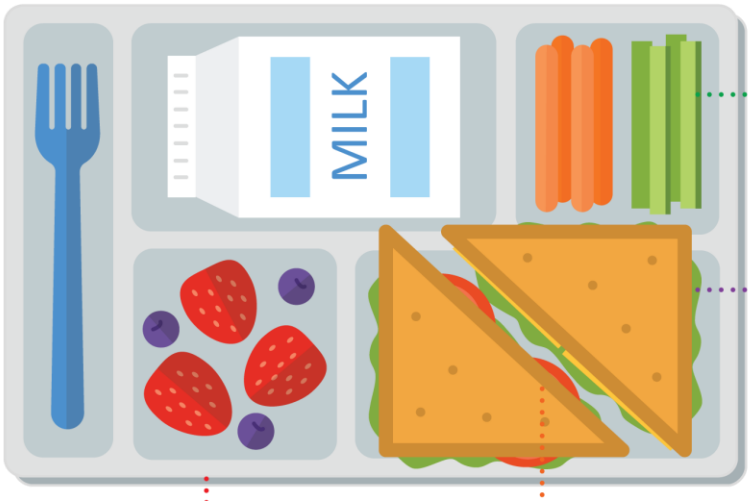

MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

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!

WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

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

schoolcafé

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

YOUR DINING SERVICES TEAM
Tom Krulack, General Manager
(570) 655-2836 ext. 2351 | Thomas.krulack@metzcorp.com

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WHAT IS A SCHOOL LUNCH?

You must choose at least **3** of **5** meal components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

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

LUNCH PRICES

Student Lunch:	$0.00
Adult Lunch:	$5.25

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DAILY ALTERNATES

Grille

Grilled hamburgers, chicken patties, spicy chicken patties and French fries

deli

Weekly wraps, and sandwiches

Pizza

Cheese Pizza

cheffresh

Fresh entrée salad of the Week

CRAVEABLES

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