



WAPAKONETA

City Schools

High School Menu

School Nutrition Staff

Lori McKean, Supervisor
419.739.2910
Rose Roof, Secretary
419.739.2909

Wapakoneta High School
Cafeteria 419.739.5218

A Grab N Go Breakfast
is served daily
7:15 am—7:45 am

School Nutrition

Meal Prices

Breakfast \$1.55
Reduced Breakfast \$.30
Lunch \$2.60
Reduced Lunch \$.40

Pay for Meals @
myLunchMoney.com

Every day Wapakoneta students enjoy a healthy lunch that meets guidelines set by the National School Lunch Program. We serve lunches that follow a meal pattern designed to reflect the Dietary Guidelines for Americans. Each meal has protein, fruit and/or vegetable, grains (bread) and milk. Low fat milk is available each day. If your family meets the eligibility requirements, your child may receive free or reduced price meals. An adult household member needs to complete one application per household, which is available at your child's school or by calling the Food Service Office at 419.739.2909.

Applications are taken throughout the year.

Follow the calendar and color key to our four week lunch cycle.

Menu subject to change.

Lunch Menu #1

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Cin French Toast Sausage Links Or BBQ Rib Hash Brown Patty Juice Choice Choice of Milk | Pasta Bar Cheese Toast Or Pizza Choice Broccoli Applesauce Choice of Milk | Toasted Cheese Or Philly Steak Tomato Soup Crackers Mixed Fruit Choice of Milk | Hamburger on Bun Cheese Slice Or Chicken Tenders French Fries Mandarin Oranges Choice of Milk | St. Crust Pizza Or Tenderloin Vegetable Choice Mixed Fruit Choice of Milk |

Lunch Menu #2

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| Footlong Hot Dog Or Potato Bar/Roll Baked beans Peaches Choice of Milk | Popcorn Chicken & Mashed Potato Bowl Juice Wheat Roll Choice of Milk | Chicken Nuggets Mac & Cheese Green Beans Or Pizza Choice Fruit/Breadstick Choice of Milk | Cheeseburger Twins Or Chicken Patty French Fries Applesauce Choice of Milk | Pepperoni Pizza Or Tenderloin Vegetable Choice Mixed Fruit Baked Treat Choice of Milk |

Lunch Menu #3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| BBQ Pork on Bun Or Spicy Chicken Potato Wedges Apple Crisp Choice of Milk | Pasta Bar Cheese Toast Or Pizza Choice California Blend Peaches Choice of Milk | Cheese Breadsticks Pizza Sauce Or Mini Corn Dogs Green Beans Applesauce Choice of Milk | Hamburger on Bun Cheese Slice Or BBQ Rib French Fries Mandarin Oranges Choice of Milk | Personal Pizza Or Tenderloin Vegetable Choice Mixed Fruit Choice of Milk |

Lunch Menu #4

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| Ravioli Cheese Toast Or Pizza Choice Green Beans Mixed Fruit Choice of Milk | Fiestada /Breadstick Or Potato Bar Buttered Corn Applesauce Choice of Milk | Chicken & Noodles Or BBQ Rib Mashed Potatoes Mandarin Oranges Roll Choice of Milk | Hamburger/ Bun Cheese Slice Or Spicy Chicken French Fries Peaches Choice of Milk | Pepperoni Pizza Or Tenderloin Vegetable Choice Mixed Fruit Frozen Treat Choice of Milk |

USDA is an equal opportunity provider and employer.

Daily Lunch Choices

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------|------------------------------------|-------------------------------------|--------------------------------|---------------------------------|
| Chef Salad OR Turkey Sub | Chicken Salad OR Turkey Wrap | Chef Salad OR Nachos & Cheese | Taco Salad OR Turkey Sub | Chef Salad OR Turkey Wrap |

