

Wyoming Area High School Menu October 2022

3	4	5	6	7
Chicken Nuggets w/dip Soft Pretzel w/cheese Mashed Potatoes Steamed Broccoli Choice of Fruit	Beef Rib a Que on a roll French Fries Peas Choice of Fruit	Ham,Egg, and Cheese Croisant Carrots w/dip Scalloped Potatoes Choice of Fruit	Hot dog on a Bun Baked Beans Steamed Carrots Celery w/peanut butter Choice of Fruit	Personal Pan Pizza Tossed Salad Sweet Potato Fries Choice of Fruit
10	11	12	13	14
Columbus Day No School	Chicken Quesadilla Rice Steamed Broccoli Choice of Fruit	Mashed Potato Bowl (popcorn chicken, gravy, mashed potatoes) Steamed Carrots Choice of Fruit	French Toast Sticks /syrup Hash Brown Potato Sausage Patty Green Beans Choice of Fruit	Cheese Pizza Tossed Salad Sweet Potato Fries Chic Pea Salad Choice of Fruit
17	18	19	20	21
Chicken Tenders Dinner Roll Steamed Broccoli Carrots w/dip Choice of Fruit	Cheesesteak on a roll Green Beans Onion Rings Choice of Fruit	Grilled Cheese Sandwich w/tomato soup Steamed Carrots Choice of Fruit	Cheese filled Breadsticks w/marinara sauce Tossed Salad Sweet Potato Puffs Choice of Fruit	French Bread Pizza Baked Beans Tossed Salad Choice of Fruit
24	25	26	27	28
Chicken Fryz Dinner Roll Steamed Broccoli Roast Squash Choice of Fruit	Cheese Pizza Crunchers w/marinara sauce Tossed Salad Carrots w/dip Choice of Fruit	Breaded Chicken Wings French Fries Stewed Tomatoes Choice of Fruit	Walking Taco w/lettuce and cheese Rice Corn Choice of Fruit	Personal Pan Pizza Tossed Salad Baked Beans Choice of Fruit
31				
Cheese Calzone w/marinara sauce Tossed Salad Steamed Broccoli Choice of Fruit			Half Pint of Milk served with Lunch Menu Subject to Change	

