

# Wantagh Elementary

## Lunch Menu

### September 2023

#### Meal Price:

**Paid: \$3.25**

Adult Lunch Meal: \$5.09+tax

#### More Info...

**Daily Milk Offerings:** 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

**Daily Fruit Offerings:** Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

**Daily Vegetable Offerings:** Baby Carrots & Celery Sticks

#### Available Daily:

- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 1 cheese stick and yogurt **V**
- Grilled Cheese Melt **V**
- Chicken Nuggets\*

**Please Note:** (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (\*) denotes item offered with WG dinner roll(s)

All deli sandwiches made with Boar's Head meats

**Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.**

-Meat/Meat Alternate



-Vegetable

-Whole Grain Item

-Fruit

-Milk

**WELCOME BACK TO SCHOOL**

 Indicates a fresh produce.  
 Denotes item prepared from scratch or speed scratch.

\*Taco Bar will include beef taco meat with choice of soft tortilla shells or scoops, lettuce, sour cream & salsa



**FREE LUNCH WEEK!**  
**SEPTEMBER 11th – 15th**


**1 No School Summer Recess**

**4 No School Summer Recess**

**5**  
WG French Toast Sticks & Chicken Sausage  
Egg & Cheese on WG Biscuit   
Cantaloupe Chunks   
Cucumber Coins  
Milk of the Day

**6**  
WG Pizza Crunchers  
Grilled Cheese Melt   
Apple Slices   
Carrot Sticks  
Roasted Squash  
Milk of the Day

**7**  
Mac & Cheese\*   
WG Fish Sticks\*  
Grapes   
Chickpea Salad  
Milk of the Day

**8**  
Cheese Pizza   
Pepperoni (P) Pizza   
Watermelon Cup   
Carrot Sticks  
Romaine Cup with Ranch  
Milk of the Day

**11 FREE LUNCH**  
WG Mini Chicken Corn Dogs  
Chicken Parmesan  
Flatbread   
Apple Slices   
Tater Tots  
Milk of the Day

**12 FREE LUNCH**  
WG Confetti Pancakes w/ Syrup & Chicken Sausage  
Egg & Cheese on WG Biscuit   
Clementines   
Cucumber Coins  
Milk of the Day


**13 FREE LUNCH**  
WG Soft Pretzel w/ String Cheese & Yogurt  
Grilled Cheese Melt   
Apple Slices   
Roasted Summer Squash  
Milk of the Day



**14 FREE LUNCH**  
**Taco Bar Thursday**  
Chicken Cesar Salad\*   
Pineapple Chunks   
Black Beans  
Milk of the Day




**15 FREE LUNCH**  
Cheese Pizza   
Pepperoni (P) Pizza   
Watermelon Cup   
Carrot Sticks  
Romaine Cup with Ranch  
Milk of the Day

**18**  
Hamburger or Cheeseburger on WG Bun  
Chicken Patty on WG Bun  
Apple Slices   
Tater Tots  
Milk of the Day

**19**  
WG Mini Maple Waffles w/ Syrup & Chicken Sausage  
Egg & Cheese on WG Biscuit   
Cantaloupe Chunks   
Cucumber Coins  
Milk of the Day



**20**  
WG Pizza Crunchers  
Grilled Cheese Melt   
Apple Slices   
Carrot Sticks  
Steamed Green Beans  
Milk of the Day

**21**  
Mac & Cheese\*   
WG Fish Sticks\*  
Grapes   
Chickpea Salad  
Milk of the Day




**22**  
Cheese Pizza   
Pepperoni (P) Pizza   
Watermelon Cup   
Carrot Sticks  
Romaine Cup with Ranch  
Milk of the Day

**25 No School Yom Kippur**

**26**  
Pancake Bites w/ Syrup & Chicken Sausage  
Egg & Cheese on WG Biscuit   
Cantaloupe Chunks   
Cucumber Coins  
Milk of the Day

**27**  
WG Soft Pretzel w/ String Cheese & Yogurt  
Grilled Cheese Melt   
Apple Slices   
Roasted Summer Squash  
Milk of the Day

**28**  
**Taco Bar Thursday**  
Chicken Cesar Salad\*   
Pineapple Chunks   
Black Beans  
Milk of the Day

**29**  
Cheese Pizza   
Pepperoni (P) Pizza   
Watermelon Cup   
Carrot Sticks  
Romaine Cup with Ranch  
Milk of the Day

