


May 2019

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Western Wayne School District
 EverGreen and Robert D. Wilson Schools
 Pre-K and Head Start

MON	TUE	WED	THU	FRI
<p><u>NUTRITION TIP OF THE MONTH</u> Calcium, Vitamins D & K, magnesium and regular exercise provide the framework for healthy bones.</p>		1 WG rotini with meat sauce served with a wheat bread stick Seasoned peas Fresh orange	2 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Pineapple tidbits	3 WG French bread pizza Tossed garden salad Fresh apple slices
6 Macaroni and cheese Raw broccoli tops Mixed berry cup	7 WG mini turkey corn dog nuggets Crinkle cut fries Diced pears	8 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Pineapple tidbits	9 Tomato soup served with wheat crackers Toasted cheese sandwich on wheat bread Diced peaches	10 WG stuffed crust pizza slice California vegetable blend Petite banana
13 WG cheese lasagna rollup served with a wheat bread stick Peas and carrots Applesauce cup	14 WG chicken nuggets served with dipping sauce Emoticon mashed potato shapes Strawberry cup	15 WG mini pierogies Mixed vegetables Fresh apple	16 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Pineapple tidbits	17 WG Mickey's red pizza slice Steamed broccoli Diced pears
20 WG cheese ravioli served with a wheat bread stick California vegetable blend Peach slices	21 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Mixed fruit	22 Sloppy joe on a wheat bun Baked tater tots Diced peaches	23 WG popcorn chicken served with dipping sauce Potatoes that smile Pear slices	24 Early Dismissal WG round pizza Orange glazed carrots Applesauce cup
27 SCHOOL CLOSED MEMORIAL DAY 	28 Cheesesteak wrap Sweet potato fries Diced pears	29 WG chicken patty on a wheat bun Oven baked fries Mandarin oranges	30 Hot dog on a wheat bun Tossed garden salad Fresh apple slices	31 Assorted WG pizza Mixed vegetables Melon cubes

Menu Subject to Change

Daily Alternates:
 Smucker's PBJ uncrustable
 -or-
 Fruited Yogurt with Graham Crackers

Milk Choices Offered Daily at Lunch
 1% Low Fat White
 -or-
 Fat Free White

Menu subject to change

Food Service Director: Maria Liptak, RD
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