


May 2019

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Western Wayne School District  
EverGreen and Robert D. Wilson Schools

MON	TUE	WED	THU	FRI
<p><u>NUTRITION TIP OF THE MONTH</u> Calcium, Vitamins D &amp; 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 Romaine salad Mixed fruit Fresh orange	2 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Celery sticks Pineapple tidbits Raisins	3 WG French bread pizza Steamed carrots Tossed garden salad Sliced peaches Fresh apple slices
6 Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed berry cup Fresh apple	7 WG mini turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Diced pears 100% apple juice	8 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits Fresh apple	9 Tomato soup served with wheat crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Diced peaches Fresh apple slices	10 WG stuffed crust pizza slice California vegetable blend Spinach salad Mixed fruit Petite banana
13 WG cheese lasagna rollup served with a wheat bread stick Peas and carrots Tossed garden salad Applesauce cup Fresh apple	14 WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato shapes Strawberry cup Fresh orange	15 WG mini pierogies Mixed vegetables Celery sticks with wow butter WG apple filled cookie Fresh apple	16 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Fresh baby carrots Pineapple tidbits Fruitable juice box	17 WG Mickey's red pizza slice Steamed broccoli Romaine salad Diced pears Fresh apple slices
20 WG cheese ravioli served with a wheat bread stick California vegetable blend Tossed garden salad Peach slices Fresh apple	21 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Refried beans Mixed fruit Fruitable juice box	22 Sloppy joe on a wheat bun Baked tater tots Sliced cucumbers Diced peaches Fresh apple	23 WG popcorn chicken served with a wheat bread stick and dipping sauce Potatoes that smile Tossed garden salad Pear slices Fresh orange	24 <u>Early Dismissal</u> WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Applesauce cup Petite banana
<p>27 <u>SCHOOL CLOSED MEMORIAL DAY</u></p> 	28 Cheesesteak wrap Sweet potato fries Tossed garden salad Diced pears WG mini chocolate chip cookies	29 WG chicken patty on a wheat bun Oven baked fries Lettuce and tomato slices Mandarin oranges Fresh apple	30 Hot dog on a wheat bun Baked potato chips Fresh baby carrots Fresh apple slices Fruitable juice box	31 Assorted WG pizza Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Melon cubes

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components offered for the school breakfast meal:

Entrée, 1 cup fruit, and 1/2 pint milk

\*General Mills WG assorted cereals served daily

Milk Choices Offered Daily at Breakfast:

1% Low Fat White and Fat Free Chocolate

Meal Prices: Paid \$1.25 Reduced \$0.30

What Makes a Lunch Meal?

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

Meat/Meat Alternate

Vegetable

Fruit

Grain/Bread

Milk

\*\*Students must choose at least 1/2 cup of fruit or vegetable daily at lunch.\*\*

Milk Choices Offered Daily at Lunch:

1% Low Fat White, Fat Free White, Fat Free

Chocolate

Daily Lunch Offerings from the Deli:

Smucker's PBJ uncrustable

Turkey Sandwich on WG white bread

Fruited Yogurt served with Graham Crackers

Meal Prices: Paid: \$2.35 Reduced: \$0.40

**\*Menu subject to change\***

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