

MON	TUE	WED	THU	FRI
<p><u>Nutrition Tip of the Month</u></p> <p>Calcium, Vitamins D & K, magnesium and regular exercise provide the framework for healthy bones.</p>		<p>1 A - WG rotini with meat sauce served with a wheat bread stick B - WG cheese calzone Sides: Seasoned peas Romaine salad Mixed fruit Fresh orange</p>	<p>2 A - Hot ham and cheese on a wheat pretzel bun B - Cheeseburger on a wheat bun Sides: Vegetarian baked beans Celery sticks Pineapple tidbits Raisins</p>	<p>3 A - WG French bread pizza B - Veal parm on a wheat bun Sides: Steamed carrots Tossed garden salad Sliced peaches Fresh apple slices</p>
<p>6 A - Macaroni and cheese B - WG Mickey's white pizza slice Sides: Stewed tomatoes Raw broccoli tops Mixed berry cup Fresh apple</p>	<p>7 A - WG mini turkey corn dog nuggets B - Hot-N-spicy chicken patty on a wheat bun Sides: Crinkle cut fries Fresh baby carrots Diced pears 100% apple juice</p>	<p>8 A - Hamburger or cheeseburger on a wheat bun B - Grilled chicken on a wheat ciabatta roll Sides: Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits Fresh apple</p>	<p>9 A - Toasted cheese sandwich on wheat bread B - WG meat lover's stromboli with marinara sauce cup Sides: Tomato soup with wheat saltine crackers Assorted raw vegetables Diced peaches Fresh apple slices</p>	<p>10 A - WG stuffed crust pizza slice B - Fish fillet with cheese on a wheat bun with tartar sauce Sides: California vegetable blend Spinach salad Mixed fruit Petite banana</p>
<p>13 A - WG cheese lasagna rollup served with a wheat bread stick B - WG cheese quesadilla pizza slice Sides: Peas and carrots Tossed garden salad Applesauce cup Fresh apple</p>	<p>14 A - WG chicken nuggets served with a wheat dinner roll and dipping sauce B - BBQ pork riblet on a wheat bun Sides: Emoticon mashed potato shapes Tossed garden salad Strawberry cup Fresh orange</p>	<p>15 A - WG mini potato and cheese pierogies B - Sloppy joe on a wheat bun Sides: Mixed vegetables Celery sticks with wow butter WG apple filled cookie Fresh apple</p>	<p>16 A - Hot ham and cheese on a wheat pretzel bun B - Hot-N-spicy chicken patty on a wheat bun Sides: Vegetarian baked beans Fresh baby carrots Pineapple tidbits Fruitable juice box</p>	<p>17 A - WG Mickey's red pizza slice B - WG stuffed shells served with a wheat bread stick Sides: Steamed broccoli Romaine salad Diced pears Fresh apple slices</p>

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: \$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. **
 Milk Choices Offered Daily at Lunch:
 1% Low Fat White, Fat Free White, Fat Free Chocolate


Daily Lunch Offerings from the Deli:

PBJ sandwich on WG white bread
 Wildcat Hoagie
 Chef Salad served with a Dinner Roll
 Fruited Yogurt served with Graham Crackers
 Meal Prices: Paid \$2.75 Reduced \$0.40

Menu subject to change

Food Service Director: Maria Liptak, RD
 Email: mliptak@westernwayne.org
 Phone: 570-937-3085

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<p>20 A - Chicken alfredo with a twist served with a wheat biscuit B - Bosco pepperoni and cheese sticks served with marinara sauce cup Sides: California vegetable blend Tossed garden salad Peach slices Fresh apple</p>	<p>21 A - Soft beef taco with shredded lettuce, tomato, cheese and salsa B - Southwest chicken egg roll with sweet-N-sour sauce Sides: Brown rice Refried beans Mixed fruit Fruitable juice box</p>	<p>22 A - Buffalo chicken hoagie with blue cheese B - Pizza burger on a wheat bun Sides: Baked tater tots Sliced cucumbers Diced peaches Fresh apple</p>	<p>23 A - WG popcorn chicken served with a wheat dinner roll and dipping sauce B - <u>M^cWildcat Egg M^cMuffin</u> Egg, sausage and cheese on a wheat English muffin Sides: Potatoes that smile Tossed garden salad Pear slices Fresh orange</p>	<p>24 Early Dismissal A - WG round pepperoni pizza B - The Max WG mozzarella sticks served with marinara sauce cup Sides: Orange glazed carrots Romaine salad with roasted chick peas Applesauce cup Petite banana</p>
<p>27</p> <p style="text-align: center;">SCHOOL IS CLOSED!</p> <p style="text-align: center;"><i>Memorial Day</i></p> 	<p>28 A - Cheesesteak wrap B - WG meat lover's stromboli with marinara sauce Sides: Sweet potato fries Tossed garden salad Diced pears Fresh apple</p>	<p>29 A - Buffalo chicken tenders served with a wheat dinner roll B - Grilled chicken on a wheat bun Sides: Oven baked fries Lettuce and tomato slices Mandarin oranges Fresh apple</p>	<p>30 A - Meatball hoagie B - Toasted turkey and cheese on wheat bread Sides: Steamed green beans Romaine salad with roasted chick peas Applesauce cup Melon cubes</p>	<p>31 A - Assorted WG pizza B - WG cheese ravioli with red sauced served with a wheat bread stick Sides: Mixed vegetables Fresh baby carrots Pineapple tidbits Fresh apple slices</p>

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All overdrawn accounts must be paid by **June 3, 2019;
after that meals must be pre-paid before service.**

**To check your students food service account balance, log
into myschoolaccount.com or call the food service office at
570-937-3085.**