

MON	TUE	WED	THU	FRI
<p><u>Nutrition Tip of the Month</u></p> <p>Calcium, Vitamins D and K, magnesium and regular exercise provide the framework for healthy bones.</p>		<p>1 <u>LGI</u> WG rotini with meat sauce served with a wheat bread stick Seasoned peas Romaine salad Mixed fruit Fresh orange</p> <p><u>GYM</u> WG cheese calzone Seasoned peas Romaine salad Mixed fruit Fresh orange</p>	<p>2 <u>LGI</u> Sweet teriyaki boneless wing bites Vegetable fried rice Celery sticks Marinated black bean salad Pineapple tidbits 100% apple juice</p> <p><u>GYM</u> Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Celery sticks Pineapple tidbits 100% apple juice</p>	<p>3 <u>LGI</u> WG French bread pizza Steamed carrots Tossed garden salad Sliced peaches Fresh apple slices</p> <p><u>GYM</u> Veal parm on a wheat bun Steamed carrots Tossed garden salad Sliced peaches Fresh apple slices</p>
<p>6 <u>LGI</u> Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed berry cup Fresh apple</p> <p><u>GYM</u> WG lightly breaded chicken tenders with assorted dipping sauce WG tortilla chips with salsa Raw broccoli tops Mixed berry cup Fresh apple</p>	<p>7 <u>LGI</u> <u>M^cWildcat M^cMuffin</u> Egg, ham and cheese on a wheat English muffin Crinkle cut fries Fresh baby carrots Diced pears 100% apple juice</p> <p><u>GYM</u> WG mini turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Diced pears 100% apple juice</p>	<p>8 <u>LGI</u> Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits Fresh apple</p> <p><u>GYM</u> Grilled chicken on a wheat ciabatta roll Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits Fresh apple</p>	<p>9 <u>LGI</u> Mickey's white pizza slice Mixed vegetables Assorted raw vegetables Diced peaches Fresh apple slices</p> <p><u>GYM</u> Tomato soup with wheat crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Diced peaches Fresh apple slices</p>	<p>10 <u>LGI</u> WG stuffed crust pizza slice California vegetable blend Spinach salad Mixed fruit Petite banana</p> <p><u>GYM</u> Fish fillet with cheese on a wheat bun with tartar sauce California vegetable blend Spinach salad Mixed fruit Petite banana</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, 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:

- 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

USDA is an equal opportunity employer and provider.

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<p>13 LGI WG cheese lasagna rollup served with a wheat bread stick Peas and carrots Tossed garden salad Applesauce cup Fresh apple</p> <p>GYM WG cheese quesadilla pizza slice Peas and carrots Tossed garden salad Applesauce cup Fresh apple</p>	<p>14 LGI WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato shapes Tossed garden salad Strawberry cup Fresh orange</p> <p>GYM BBQ pork riblet on a wheat bun Emoticon mashed potato shapes Tossed garden salad Strawberry cup Fresh orange</p>	<p>15 LGI WG mini potato and cheese pierogies Mixed vegetables Celery sticks with wow butter WG apple filled cookie Fresh apple</p> <p>GYM Sloppy joe on a wheat bun Mixed vegetables Celery sticks with wow butter WG apple filled cookie Fresh apple</p>	<p>16 LGI WG buffalo chicken tenders served with a wheat dinner roll Oven baked fries Fresh baby carrots with hummus Pineapple tidbits Fruitable juice box</p> <p>GYM Hot ham and cheese on a wheat pretzel bun Oven baked fries Fresh baby carrots with hummus Pineapple tidbits Fruitable juice box</p>	<p>17 LGI WG Mickey's red pizza slice Steamed broccoli with cheese sauce Romaine salad Mixed fruit Petite banana</p> <p>GYM WG stuffed shells served with a wheat bread stick Steamed broccoli with cheese sauce Romaine salad Mixed fruit Petite banana</p>
<p>20 LGI Chicken alfredo with a twist served with a wheat bread stick California vegetable blend Tossed garden salad Peach slices Fresh apple</p> <p>GYM Bosco pepperoni and cheese sticks with marinara sauce cup California vegetable blend Tossed garden salad Peach slices Fresh apple</p>	<p>21 LGI Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Refried beans Mixed fruit 100% apple juice</p> <p>GYM WG vegetable egg roll Brown rice Steamed broccoli Mixed fruit 100% apple juice</p>	<p>22 LGI Buffalo chicken hoagie with blue cheese Baked tater tots Celery sticks Diced peaches Fresh apple</p> <p>GYM The Max WG mozzarella sticks served with marinara sauce Broccoli and cauliflower blend Celery sticks Diced peaches Fresh apple</p>	<p>23 LGI WG popcorn chicken served with a wheat dinner roll and dipping sauce Potatoes that smile Tossed garden salad Pear slices Fresh orange</p> <p>GYM Egg omelet served with a mini WG bagel Potatoes that smile Tossed garden salad Pear slices Fresh orange</p>	<p>24 Early Dismissal LGI WG round pizza slice Orange glazed carrots Romaine salad with roasted chick peas Applesauce cup Petite banana</p> <p>GYM Tuna salad on a wheat ciabatta roll Orange glazed carrots Romaine salad with roasted chick peas Applesauce cup Petite banana</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.

Western Wayne School District

May 2019

ABSOLUTELY NO CHARGING!
ALL ACCOUNTS MUST BE PRE-PAID. High School

MON	TUE	WED	THU	FRI
<p>27 School Closed</p> <p>Memorial Day</p> 	<p>28 LGI WG chicken drummies served with a wheat dinner roll Sweet potato fries Tossed garden salad Diced pears Fresh apple</p> <p>GYM Cheesesteak wrap Sweet potato fries Tossed garden salad Diced pears Fresh apple</p>	<p>29 LGI WG lightly breaded chicken tenders or buffalo chicken tenders served with dipping sauce Oven baked fries Tossed garden salad Mandarin oranges Fresh apple</p> <p>GYM Grilled chicken on a wheat bun Oven baked fries Lettuce and tomato slices Mandarin oranges Fresh apple</p>	<p>30 LGI Meatball hoagie Steamed green beans Romaine salad with roasted chick peas Applesauce cup Melon cubes</p> <p>GYM Toasted turkey and cheese on wheat bread Steamed green beans Romaine salad with roasted chick peas Applesauce cup Melon cubes</p>	<p>31 LGI Assorted WG pizza Mixed vegetables Fresh baby carrots Pineapple tidbits Fresh apple slices</p> <p>GYM WG cheese ravioli with red sauce served with a wheat bread stick Mixed vegetables Fresh baby carrots Pineapple tidbits Fresh apple slices</p>

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ATTENTION!
Negative balances must be paid by June 3, 2019. All meal accounts must have funds prior to making a purchase.