

MON	TUE	WED	THU	FRI
<p><u>NUTRITION TIP OF THE MONTH</u> Healthy Summer Eating Tip Keep kids on a schedule for meals and snacks.</p>	<p>Please note: Any remaining balance will transfer to the 2019-2020 school year. Negative balances must be paid by June 7, 2019. Please call 937-3085 with any concerns or to check your students' food service account balance. All meal accounts must have funds prior to making a purchase.</p>			
<p>3 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Corn Applesauce cup Fruitable juice box</p>	<p>4 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Orange quarters 100% apple juice</p>	<p>5 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Craisins Fresh apple</p>	<p>6 Sloppy joe on a wheat bun Mixed vegetables Romaine salad Assorted canned and fresh fruit</p>	<p>7 Tomato soup with wheat crackers Toasted cheese on wheat bread Celery sticks Assorted canned and fresh fruit</p>
<p>10 Cheesesteak wrap Steamed broccoli Tossed garden salad Assorted canned and fresh fruit</p>	<p>11 Early Dismissal Hot ham and cheese on wheat pretzel bun Baked fries Fresh baby carrots Apple slices Assorted canned fruit</p>	<p>12 NO SCHOOL Teacher In-Service</p>	<p>13 LAST DAY OF SCHOOL NO BREAKFAST OR LUNCH SERVICE</p>	<p>Have a wonderful summer!</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: 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

Food Service Director: Maria Liptak, RD
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Summer Meals for KIDS

Hey Parents!

When school is out this summer, look for food meal programs in your community. The Summer Food Program provides free meals to children 18 years and younger. For more information about a site near you during the summer:

Call: 211 or 1-866-3HUNGRY or 1-877-8HAMBRE
Text: "Food" or "Comida" to 877877
Visit: fns.usda.gov/summerfoodrocks
Download: Range APP.org mobile app

