

June 2019

**ABSOLUTELY NO CHARGING!**  
**All accounts must be pre-paid.**  
**Have a safe and healthy summer!**

**Western Wayne School District  
 Middle School**

MON	TUE	WED	THU	FRI
3 <b>A</b> - Soft beef taco with shredded lettuce, tomato, cheese and salsa <b>B</b> - WG lightly breaded chicken tenders with dipping sauce <u>Sides:</u> Brown rice Corn Applesauce cup Fruitable juice box	4 <b>A</b> - WG mini turkey corn dog nuggets <b>B</b> - Hot-N-spicy chicken patty on a wheat bun <u>Sides:</u> Hash brown patty Tossed garden salad Orange quarters 100% apple juice	5 <b>A</b> - Hamburger or cheeseburger on a wheat bun <b>B</b> - Hot dog on a wheat bun <u>Sides:</u> Vegetarian baked beans Lettuce and tomato slices Craisins Fresh apple	6 <b>A</b> - Sloppy joe on a wheat bun <b>B</b> - WG mini potato and cheese pierogies <u>Sides:</u> Mixed vegetables Romaine salad Assorted canned or fresh fruit	7 <b>A</b> - Assorted WG pizza slice <b>B</b> - Toasted cheese on wheat bread <u>Sides:</u> Tomato soup with wheat crackers Celery sticks Assorted canned or fresh fruit
10 <b>A</b> - Cheesesteak wrap <b>B</b> - Manager's Choice <u>Sides:</u> Steamed broccoli Tossed garden salad Assorted canned or fresh fruit	11 <b>Early Dismissal</b> <b>A</b> - Bosco pepper oni and cheese sticks served with marinara sauce cup <b>B</b> - Manager's Choice <u>Sides:</u> Mixed vegetables Fresh baby carrots Assorted canned or fresh fruit	12  NO SCHOOL  Teacher In-Service	13  LAST DAY OF SCHOOL  NO BREAKFAST OR LUNCH SERVICE	<p style="text-align: center; color: red; font-size: 1.2em;"><b>Have a wonderful summer!</b></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  
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 Phone: 570-937-3085

**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](http://myschoolaccount.com) or call the food service office at 570-937-3085.**

**USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.**

**Nutrition Tip of the Month**  
**Healthy Summer Eating Tip**  
 Keep kids on a schedule for meals and snacks.