

Western Wayne School District

June 2019 ABSOLUTELY NO CHARGING! ALL ACCOUNTS MUST BE PRE-PAID.

High School

| | MON | TUE | WED | THU | FRI |
|----|---|---|--|---|---|
| 3 | <p style="text-align: center;"><u>LGI</u></p> <p>Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Corn Applesauce cup Fruitable juice box</p> <p style="text-align: center;"><u>GYM</u></p> <p>WG meat lover's stromboli with marinara sauce cup Corn Tossed garden salad Applesauce cup Fruitable juice box</p> | <p style="text-align: center;"><u>LGI</u></p> <p>Cheese omelet served with a WG biscuit Sausage patty Hash brown patty Tossed garden salad Orange quarters 100% apple juice</p> <p style="text-align: center;"><u>GYM</u></p> <p>WG mini turkey corn dog nuggets Hash brown patty Tossed garden salad Orange quarters 100% apple juice</p> | <p style="text-align: center;"><u>LGI</u></p> <p>Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Craisins Fresh apple</p> <p style="text-align: center;"><u>GYM</u></p> <p>Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots Craisins Fresh apple</p> | <p style="text-align: center;"><u>LGI</u></p> <p>WG mini potato and cheese pierogies Mixed vegetables Romaine salad Assorted canned and fresh fruits</p> <p style="text-align: center;"><u>GYM</u></p> <p>Sloppy joe on a wheat bun Mixed vegetables Romaine salad Assorted canned and fresh fruits</p> | <p style="text-align: center;"><u>LGI</u></p> <p>Assorted WG pizza slice Cauliflower and broccoli blend Assorted canned and fresh fruits</p> <p style="text-align: center;"><u>GYM</u></p> <p>Tomato soup with saltine crackers Toasted cheese on wheat bread Cauliflower and broccoli blend Assorted canned and fresh fruits</p> |
| 10 | <p style="text-align: center;"><u>LGI</u></p> <p>Manager's Choice Steamed broccoli Tossed garden salad Assorted canned and fresh fruits</p> <p style="text-align: center;"><u>GYM</u></p> <p>Cheesesteak wrap Steamed broccoli Tossed garden salad Assorted canned and fresh fruits</p> | <p style="text-align: center; color: red; font-weight: bold;">11 <u>Early Dismissal</u></p> <p style="text-align: center;"><u>LGI</u></p> <p>Bosco pepperoni and cheese sticks served with marinara sauce Mixed vegetables Fresh baby carrots Assorted canned and fresh fruits</p> <p style="text-align: center;"><u>GYM</u></p> <p>Manager's choice Mixed vegetables Fresh baby carrots Assorted canned and fresh fruits</p> | <p style="text-align: center;">12</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">Teacher In-Service</p> | <p style="text-align: center;">13</p> <p style="text-align: center;">LAST DAY OF SCHOOL</p> <p style="text-align: center;">NO BREAKFAST OR LUNCH SERVICE</p> | <p style="text-align: center; color: blue; font-weight: bold;"><u>Nutrition Tip of the Month</u></p> <p style="text-align: center; color: blue;">Healthy Summer Eating Tip Keep kids on a schedule for meals and snacks.</p> <p style="text-align: center; color: red; font-weight: bold;">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, 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
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USDA is an equal opportunity employer and provider.



ATTENTION!

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