


**Western Wayne School District  
EverGreen and Robert D. Wilson Schools**

**August/September 2019**

MON	TUE	WED	THU	FRI
26 WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Fresh baby carrots Diced pears Fresh apple	27 Soft beef taco with shredded lettuce, tomato, and cheese Brown rice Salsa cup Pineapple tidbits Fresh apple	28 Hot ham and cheese on a WG pretzel roll Vegetarian baked beans Celery sticks Mixed fruit Fresh orange quarters	29 Bosco pepperoni and cheese sticks Marinara sauce cup Steamed broccoli Spinach salad Diced peaches Fresh apple slices	30 
2  NO SCHOOL  LABOR DAY	3 WG chicken patty on a wheat bun Hash brown patty Lettuce and tomato slices Mandarin oranges Fresh apple	4 WG cheese lasagna rollup served with a wheat bread stick Steamed green beans Romaine salad with chick peas Diced pears Sliced strawberries	5 Sloppy joe on a wheat bun Golden corn Cucumber slices Applesauce cup Fresh apple	6 WG round pizza Orange glazed carrots Tossed garden salad Sliced peaches Petite banana
9 Baked macaroni and cheese with WG captain wafer crackers Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple	10 <b>National Hot Dog Day</b> Hot dog on a bun Vegetarian baked beans Assorted raw vegetables Pineapple tidbits Fruitable juice box	11 WG lightly breaded chicken tenders served with a wheat dinner roll Potatoes that smile Tossed garden salad Mandarin oranges Fresh apple	12 Turkey corn dog nuggets Crinkle cut fries Peas and carrots Diced pears Melon cubes	13 Mickey's WG cheese pizza slice California mixed vegetables Romaine salad Diced peaches Fresh apple slices
16 WG rotini with meat sauce served with a wheat bread stick Steamed cauliflower and broccoli blend Pineapple tidbits Fresh apple	17 Hamburger or cheeseburger on a wheat bun Oven baked fries Lettuce and tomato slices Sliced pears Fresh orange quarters	18 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice	19 Tomato soup with saltine crackers Toasted cheese sandwich on WG white bread Assorted raw vegetables Diced peaches Fresh apple slices	20 WG French bread pizza Seasoned peas Spinach salad with roasted chick peas Mixed fruit Petite banana
23 Cheesesteak wrap Sweet potato fries Tossed garden salad Mandarin oranges Fresh apple	24 Grilled chicken on a WG ciabatta roll Baked tater tots Lettuce and tomato slices Raisins 100% apple juice	25 Meatball hoagie Steamed green beans Romaine salad Diced pears Sliced strawberries with whipped topping	26 <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll Tossed garden salad Applesauce cup Fresh apple	27 WG stuffed crust pizza slice Mixed vegetables Fresh baby carrots with hummus dip Mixed fruit Fresh apple slices

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 \$1.35 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 with string cheese

Turkey Sandwich on WG white bread

Fruited Yogurt served with Graham Crackers

Meal Prices: Paid: \$2.55 Reduced: \$0.40

**\*Menu subject to change\***

Food Service Director: Maria Liptak, RD

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**Nutrition Tip Of The Month**  
During hot weather, don't forget to give your child plenty of water to stay hydrated.

**\*FOOD ALLERGIES MUST BE REPORTED TO THE FOOD SERVICE DEPARTMENT WITH A PHYSICIAN'S NOTE\***