



MON	TUE	WED	THU	FRI
<p>26 LGI WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Fresh baby carrots Diced pears Fresh apple GYM BBQ pork riblet on a wheat bun Potatoes that smile Fresh baby carrots Diced pears Fresh apple</p>	<p>27 LGI Soft beef taco with shredded lettuce, tomato, cheese and salsa cup Brown rice Golden corn Pineapple tidbits Fresh apple GYM WG meat lover's stromboli with marinara sauce cup Golden corn Pineapple tidbits Fresh apple</p>	<p>28 LGI Cheeseburger on a wheat bun Vegetarian baked beans Celery sticks Mixed fruit Fresh orange quarters GYM Hot ham and cheese on a WG pretzel bun Vegetarian baked beans Celery sticks Mixed fruit Fresh orange quarters</p>	<p>29 LGI WG cheese ravioli with red sauce served with a wheat bread stick Steamed broccoli Spinach salad Fresh apple slices WG mini chocolate chip cookies GYM Bosco pepperoni and cheese sticks with marinara sauce cup Steamed broccoli Spinach salad Fresh apple slices WG mini chocolate chip cookies</p>	<p>30 NO SCHOOL</p> 
<p>2  NO SCHOOL</p>	<p>3 LGI WG chicken drummies served with a wheat biscuit Hash brown patty Tossed garden salad Mandarin oranges Fresh apple GYM Hot-N-spicy chicken patty on a wheat bun Hash brown patty Tossed garden salad Mandarin oranges Fresh apple</p>	<p>4 LGI WG cheese lasagna roll up served with a wheat bread stick Steamed green beans Romaine salad with chick peas Diced pears Sliced strawberries GYM WG cheese calzone Steamed green beans Romaine salad with chick peas Diced pears Sliced strawberries</p>	<p>5 LGI Sloppy joe on a wheat bun Golden corn Cucumber slices Applesauce cup Fresh apple GYM Cheese quesadilla pizza slice Golden corn Cucumber slices Applesauce cup Fresh apple</p>	<p>6 LGI WG round pizza Orange glazed carrots Tossed garden salad Sliced peaches Petite banana GYM Fish fillet with cheese on a wheat bun with tartar sauce Orange glazed carrots Tossed garden salad Sliced peaches 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 \$1.35 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:

- PBJ sandwich on WG white bread
- Wildcat Hoagie
- Chef Salad served with a Dinner Roll
- Fruited Yogurt served with Graham Crackers
- Meal Prices: Paid \$2.85 Reduced \$0.40

Menu subject to change

Food Service Director: Maria Liptak, RD
Email: mliptak@westernwayne.org
Phone: 570-937-3085

**A la Carte sales will begin on
September 3, 2019.**

**All accounts must be pre-paid.
No Charging of A la Carte
items!**

MON	TUE	WED	THU	FRI
<p>9 LGI Baked macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple GYM Mickey's white pizza slice Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p>	<p>10 LGI National Hot Dog Day Hot dog or chili dog on a bun Vegetarian baked beans Assorted raw vegetables Pineapple tidbits Fruitable juice box GYM Turkey and cheese wrap Vegetarian baked beans Assorted raw vegetables Pineapple tidbits Fruitable juice box</p>	<p>11 LGI WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce Potatoes that smile Tossed garden salad Mandarin oranges Fresh apple GYM BBQ pork riblet on a wheat bun Potatoes that smile Tossed garden salad Mandarin oranges Fresh apple</p>	<p>12 LGI Pizza burger on a wheat bun Crinkle cut fries Peas and carrots Diced pears Melon cubes GYM Turkey corn dog nuggets Crinkle cut fries Peas and carrots Diced pears Melon cubes</p>	<p>13 LGI Mickey's WG red cheese pizza slice California vegetable blend Romaine salad Diced peaches Fresh apple slices GYM Buttered pierogies served with a dinner roll California vegetable blend Romaine salad Diced peaches Fresh apple slices</p>
<p>16 LGI WG rotini with meat sauce served with a wheat bread stick Steamed cauliflower and broccoli blend Tossed garden salad Pineapple tidbits Fresh apple GYM Cheese quesadilla pizza slice Cauliflower and broccoli blend Tossed garden salad Pineapple tidbits Fresh apple</p>	<p>17 LGI Hamburger or cheeseburger on a wheat bun Oven baked fries Lettuce and tomato slices Sliced pears Fresh orange quarters GYM Grilled chicken on a WG ciabatta roll Oven baked fries Lettuce and tomato slices Sliced pears Fresh orange quarters</p>	<p>18 LGI Brunch for Lunch WG French toast sticks with syrup Hash brown patty Sausage patty Applesauce cup 100% orange juice GYM Hot-N-spicy chicken patty on a wheat bun Hash brown patty Sausage patty Applesauce cup 100% orange juice</p>	<p>19 LGI WG meat lover's stromboli with marinara sauce cup California vegetable blend Assorted raw vegetables Diced peaches Apple slices GYM Toasted cheese sandwich on WG white bread Tomato soup with saltine crackers Assorted raw vegetables Diced peaches Apple slices</p>	<p>20 LGI WG French bread pizza Seasoned peas Spinach salad with roasted chick peas Mixed fruit Petite banana GYM WG stuffed shells served with a wheat dinner roll Seasoned peas Spinach salad with roasted chick peas 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 \$1.35 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:

- PBJ sandwich on WG white bread
- Wildcat Hoagie
- Chef Salad served with a Dinner Roll
- Fruited Yogurt served with Graham Crackers
- Meal Prices: Paid \$2.85 Reduced \$0.40

Menu subject to change

Food Service Director: Maria Liptak, RD
Email: mliptak@westernwayne.org
Phone: 570-937-3085



MON	TUE	WED	THU	FRI
<p>23 LGI Buffalo chicken tenders served with a wheat dinner roll Sweet potato fries Tossed garden salad Mandarin oranges Fresh apple GYM Cheesesteak wrap Sweet potato fries Tossed garden salad Mandarin oranges Fresh apple</p>	<p>24 LGI The Max WG mozzarella sticks Baked tater tots Romaine salad Raisins 100% apple juice GYM Wildcat M^cMuffin Egg, ham and cheese on an English muffin Baked tater tots Romaine salad Raisins 100% apple juice</p>	<p>25 LGI Meatball hoagie Steamed green beans Romaine salad Diced pears Sliced strawberries with whipped topping GYM WG cheese calzone Steamed green beans Romaine salad Diced pears Sliced strawberries with whipped topping</p>	<p>26 LGI Wildcat Bowl WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll Golden corn Tossed garden salad Applesauce cup Fresh apple GYM BBQ pork riblet on a wheat bun Golden corn Tossed garden salad Applesauce cup Fresh apple</p>	<p>27 LGI WG stuffed crust pizza slice Mixed vegetables Fresh baby carrots with hummus Mixed fruit Fresh apple slices GYM Fish fillet with cheese on a wheat bun with tartar sauce Mixed vegetables Fresh baby carrots with hummus Mixed fruit Fresh apple slices</p>
<p>30 LGI Buffalo chicken hoagie with blue cheese Mixed vegetables Celery sticks Pineapple tidbits Fresh apple GYM WG mini buttered pierogies served with a wheat dinner roll Mixed vegetables Celery sticks Pineapple tidbits Fresh apple</p>		<p style="text-align: center;">Be Your Best with Breakfast</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 \$1.35 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:
PBJ sandwich on WG white bread
Wildcat Hoagie
Chef Salad served with a Dinner Roll
Fruited Yogurt served with Graham Crackers
Meal Prices: Paid \$2.85 Reduced \$0.40

Menu subject to change

Food Service Director: Maria Liptak, RD
Email: mliptak@westernwayne.org
Phone: 570-937-3085

Nutrition Tip Of The Month

During hot weather, remember to drink plenty of water to stay hydrated.

USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.