

MON	TUE	WED	THU	FRI
<p>2 LGI WG chicken drummies served with a wheat biscuit Mashed potatoes with low fat gravy Buttered corn Diced pears Fresh apple GYM WG cheese calzone Buttered corn Tossed garden salad Diced pears Fresh apple</p>	<p>3 LGI WG cheese quesadilla pizza slice Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh orange quarters GYM Meatball hoagie Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh orange quarters</p>	<p>4 LGI Buttered WG mini cheese pierogies Mixed vegetables Celery sticks with ranch dip Sliced peaches Fresh apple GYM Buffalo chicken tenders served with a wheat dinner roll Mixed vegetables Celery sticks with ranch dip Sliced peaches Fresh apple</p>	<p>5 LGI Salad Bar Offerings Or WG cheese lasagna rollup served with a wheat breadstick Seasoned peas Tossed garden salad 100% apple juice Grapes GYM BBQ pork riblet on a wheat bun Seasoned peas Tossed garden salad 100% apple juice Grapes</p>	<p>6 LGI WG Big Daddy harvest wedge pizza slice California vegetable blend Fresh baby carrots Mixed fruit Fresh apple GYM Veal parm on a wheat bun California vegetable blend Fresh baby carrots Mixed fruit Fresh apple</p>
<p>9 LGI Chili in a wheat bread bowl with cheddar cheese Oven baked sweet potato fries Tossed garden salad Applesauce cup Raisins GYM Hamburger or cheeseburger on a wheat bun Oven baked sweet potato fries Lettuce & tomato slices Applesauce cup Raisins</p>	<p>10 LGI WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Fresh baby carrots Sliced peaches Fresh apple GYM Shredded pork BBQ on wheat slider buns Potatoes that smile Fresh baby carrots Sliced peaches Fresh apple</p>	<p>11 LGI WG rotini with meat sauce served with a wheat breadstick Steamed green beans Romaine salad Mixed fruit Fresh apple slices GYM WG meat lover's stromboli with marinara sauce Steamed green beans Romaine salad Mixed fruit Fresh apple slices</p>	<p>12 LGI Salad Bar Offerings Or Buffalo chicken hoagie with celery and blue cheese Vegetarian baked beans Pineapple tidbits Fresh orange quarters GYM Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Pineapple tidbits Fresh orange quarters</p>	<p>13 LGI Mickey's WG wedge pizza slice Steamed broccoli Tossed garden salad Diced pears Fresh apple GYM Fish fillet with cheese on a wheat bun with tartar sauce Steamed broccoli Tossed garden salad Diced pears Fresh apple</p>

LUNCH MEAL PRICES

\$2.75—HIGH SCHOOL
\$0.40—REDUCED
\$0.50—MILK VARIETY
\$3.50 - ADULT PRICE

DAILY LUNCH OFFERINGS

WHOLE GRAIN CHICKEN PATTY ON A WHEAT BUN SERVED ON BOTH THE GYM & LGI SERVING LINES

DELI OPTIONS:

SERVED ONLY ON GYM SERVING SIDE

WILDCAT HOAGIE
PEANUT BUTTER AND JELLY
CHEF SALAD
LOWFAT YOGURT WITH GRAHAM CRACKERS

OCTOBER SALAD BAR OFFERING:
THURSDAYS ONLY-LGI SERVING SIDE

STUDENTS MUST TAKE A 1/2 CUP OF FRUIT OR VEGETABLES DAILY

BREAKFAST MEAL PRICES

\$1.25—HIGH SCHOOL
\$0.30—REDUCED

DAILY BREAKFAST OFFERINGS

WHOLE GRAIN CEREAL OR CEREAL BAR
100% FRUIT JUICE
FRESH FRUIT
MILK—VARIETY

HOT ITEM EVERY FRIDAY

MILK VARIETY

FAT FREE WHITE
FAT FREE CHOCOLATE
1% WHITE
LACTAID

NUTRITION TIP OF THE MONTH

Apples are high in fiber, Vitamin C and various antioxidants.

MON	TUE	WED	THU	FRI
<p>16 LGI Chicken alfredo with a twist served with a wheat breadstick California vegetable blend Tossed garden salad Applesauce cup WG mini chocolate chip cookies GYM Bosco pepperoni and cheese sticks served with marinara sauce California vegetable blend Tossed garden salad Applesauce cup WG mini chocolate chip cookies</p>	<p>17 LGI Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple GYM Hot-n-spicy chicken patty on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple</p>	<p>18 LGI WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce Brown rice Cauliflower and broccoli blend Pineapple tidbits Fresh apple GYM Cheesesteak wrap Brown rice Cauliflower and broccoli blend Pineapple tidbits Fresh apple</p>	<p>19 LGI Salad Bar Offerings or Sloppy joe on a wheat bun Peas and carrots Cucumber sticks Mandarin oranges Fruitable juice box GYM WG cheese calzone Peas and carrots Cucumber sticks Mandarin oranges Fruitable juice box</p>	<p>20 LGI WG round pizza Orange glazed carrots Spinach salad Mixed fruit Petite banana GYM Veal parm on a wheat bun Orange glazed carrots Spinach salad Mixed fruit Petite banana</p>
<p>23 LGI Macaroni and cheese Stewed tomatoes Raw broccoli tops Sliced peaches Raisins GYM Pizza burger on wheat bun Tortilla chips with salsa Raw broccoli tops Sliced peaches Raisins</p>	<p>24 Apple Crunch Day LGI Wildcat McMuffin Egg, ham and cheese on an English muffin Baked tater tots Tossed garden salad Fresh apple slices Warm apple crisp GYM Shredded pork BBQ with appleslaw on a wheat bun Baked tater tots Tossed garden salad Fresh apple slices Warm apple crisp</p>	<p>25 LGI Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice GYM Hot-n-spicy chicken patty on a wheat bun Hash brown patty Applesauce cup 100% orange juice</p>	<p>26 LGI Salad Bar Offerings or Chicken parm with a side of pasta Steamed green beans Mixed fruit Fresh apple GYM Tomato soup with wheat saltine crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>27 LGI WG stuffed crust pizza Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple GYM Potato and cheese pierogies Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple</p>

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FRESH FRUIT
MILK—VARIETY

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1% WHITE
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October 2017

Western Wayne School District
High School

MON	TUE	WED	THU	FRI
<p>30 LGI Buffalo chicken tenders served with a wheat dinner roll Sweet potato bites Tossed garden salad Applesauce cup Orange quarters GYM Cheesesteak hoagie Sweet potato bites Tossed garden salad Applesauce cup Orange quarters</p>	<p>31 Early Dismissal LGI Soft beef taco with shredded lettuce, tomato, cheese and salsa cup Brown rice Refried beans Mandarin oranges Pumpkin sugar cookie GYM WG meat lover's stromboli with marinara sauce Brown rice Celery with hummus Mandarin oranges Pumpkin sugar cookie</p>	<p>Nutrition Tip of the Month Apples are high in fiber, Vitamin C and various antioxidants.</p>		

USDA is an equal opportunity employer and provider.

MENU SUBJECT TO CHANGE

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