Western Wayne School District
High School

February/March 2017

MON	TUE	WED	THU	FRI
27 **LGI** Chicken alfredo with a twist served with a wheat breadstick Cheese quesadilla pizza slice Steamed broccoli Tossed garden salad Mixed fruit Fresh apple **GYM** Cheesesteak hoagie Sweet potato bites Steamed broccoli Mixed fruit Fresh apple	28 **LGI** Soft beef taco with shredded lettuce, tomato, salsa, and cheese cup WG meat lover's stromboli with marinara sauce Brown rice Refried beans Diced pears Fresh apple **GYM** Grilled chicken on a Kaiser roll with lettuce and tomato slices Oven baked fries Marinated black bean salad Diced pears Fresh apple	1 **Ash Wednesday** **LGI** Chicken parm with a side of pasta and a wheat dinner roll WG cheese quesadilla pizza slice Peas and carrots Assorted raw veggies Applesauce cup Orange quarters **GYM** Tomato soup with wheat saltine crackers Toasted cheese sandwich on wheat bread Assorted raw veggies Applesauce cup Orange quarters	2 **LGI** WG rotini with meat sauce served with a wheat breadstick WG cheese calzone Steamed green beans Romaine salad with chick peas Sliced peaches Grapes **GYM** Cheeseburger with turkey bacon on a wheat bun Steamed green beans Romaine salad with chick peas Sliced peaches Grapes	3 **LGI** Big daddy WG rolled edge pizza slice Potato and cheese pierogies California vegetable blend Fresh baby carrots Pineapple tidbits Apple slices **GYM** Fish fillet with cheese on a wheat bun and tartar sauce California vegetable blend Fresh baby carrots Pineapple tidbits Apple slices
6 **LGI** Buffalo chicken hoagie served with celery sticks and blue cheese Bosco pepperoni and cheese sticks with marinara sauce Steamed carrots Tossed garden salad with chick peas Mixed fruit Fresh apple **GYM** Hot dog on a wheat bun Vegetarian baked beans Tossed garden salad Mixed fruit Fresh apple	7 **LGI** Lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce WG chicken egg roll Brown rice Tossed garden salad Applesauce cup Orange quarters **GYM** Cheesesteak wrap Oven baked fries Tossed garden salad Applesauce cup Orange quarters	8 **LGI** Meatballs in a wheat bread bowl served with shredded mozzarella cheese WG cheese lasagna rollup served with a wheat breadstick Mixed vegetables Tossed garden salad Diced pears Fresh apple **GYM** Hot-n-spicy chicken patty on a wheat bun Mixed vegetables Tossed garden salad Diced pears Fresh apple	9 **LGI** **Wildcat Bowl** Popcorn chicken on top of mashed potatoes and corn served with a slice of wheat bread and low fat gravy WG meat lovers stromboli with marinara sauce Buttered corn Assorted raw vegetables Diced peaches Apple slices **GYM** BBQ pork riblet on a wheat bun Buttered corn Assorted raw vegetables Diced peaches Apple slices	10 **LGI** WG French bread pizza WG stuffed shells served with a slice of wheat bread Steamed broccoli Romaine salad Pineapple tidbits Petite banana **GYM** Pizzaburger on a wheat bun Steamed broccoli Romaine salad Pineapple tidbits Petite banana

USDA is an equal opportunity employer and provider.

MENU SUBJECT TO CHANGE

LUNCH MEAL PRICES

$2.65—HIGH SCHOOL
$0.40—REDUCED
$0.50—MILK VARIETY
$3.40—ADULT PRICE

DAILY LUNCH OFFERINGS

HOT ENTRÉES

CHOICES INCLUDE A WHOLE GRAIN CHICKEN PATTY ON A WHEAT BUN SERVED DAILY ON THE GYM SIDE

DELI OPTIONS:

WILDCAT HOAGIE
PEANUT BUTTER AND JELLY
CHEF SALAD
YOGURT

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

March is National Nutrition Month "Put Your Best Fork Forward"

NATIONAL SCHOOL BREAKFAST WEEK—MARCH 6—10, 2017. *TAKE THE SCHOOL BREAKFAST CHALLENGE*

March 2017

MARCH 17, 2017
HAPPY ST. PATRICK'S DAY

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13 **LGI** Macaroni and cheese Mickey's wheat white pizza slice Stewed tomatoes Raw broccoli tops Sliced pears Raisins **GYM** Cheeseburger with turkey bacon on a wheat bun Tortilla chips with salsa Raw broccoli tops Sliced pears Raisins	14 **LGI** BBQ pulled pork on a wheat bun WG bacon and egg round breakfast pizza Baked tater tots Fresh baby carrots Fruitable juice box Orange quarters **GYM** **McWildcat McMuffin** Egg, ham, and cheese on a wheat English muffin Baked tater tots Fruitable juice box Orange quarters	15 **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 Tossed garden salad Applesauce cup 100% orange juice	16 **LGI** Buffalo chicken tenders served with a wheat dinner roll WG mini steak and cheese calzones Crinkle cut fries Garlic roasted chick peas Diced pears Fresh apple **GYM** WG turkey corn dog nuggets Crinkle cut fries Garlic roasted chick peas Diced pears Fresh apple	17 **LGI** WG stuffed crust pizza WG stuffed shells served with a wheat breadstick Steamed broccoli Romaine salad Pineapple tidbits WG sugar cookie with green sprinkles **GYM** Fish fillet with cheese on a wheat bun and tartar sauce Steamed broccoli Romaine salad Pineapple tidbits WG sugar cookie with green sprinkles
20 **LGI** Chicken alfredo with a twist Cheese quesadilla pizza slice Peas and carrots Tossed garden salad Sliced peaches Fruitable juice box **GYM** Grilled chicken on a wheat Kaiser roll Peas and carrots Lettuce and tomato slices Sliced peaches Fruitable juice box	21 **LGI** Buffalo chicken hoagie with celery and blue cheese Potato and cheese pierogies California vegetable blend Assorted vegetables with hummus Mixed fruit Fresh apple **GYM** Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Mixed fruit Fresh apple	22 **LGI** Teriyaki chicken dippers served with a wheat dinner roll WG chicken egg roll Brown rice Seasoned peas Pineapple tidbits Fresh apple **GYM** Cheesesteak wrap Brown rice Seasoned peas Pineapple tidbits Fresh apple	23 **LGI** Sloppy joe on a wheat bun WG meat lovers stromboli with marinara sauce Corn cobbette Tossed garden salad Mandarin oranges Apple slices **GYM** WG chicken drummies served with a wheat dinner roll and wing sauce Baked tater tots Tossed garden salad Mandarin oranges Apple slices	24 **LGI** WG round pizza Beef-a-roni Orange glazed carrots Spinach salad Applesauce cup Petite banana **GYM** Veal parm on a wheat bun Orange glazed carrots Spinach salad Applesauce cup Petite banana

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		Nutrition Tip Of The Month March is National Nutrition Month "Put Your Best Fork Forward"		

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