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October 2017

Western Wayne School District  
Middle School

*MENU SUBJECT TO CHANGE*

LUNCH MEAL PRICES

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

DAILY LUNCH OFFERINGS

HOT ENTRÉES

CHOICES INCLUDE A  
WHOLE GRAIN CHICKEN PATTY ON  
A WHEAT BUN

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—MIDDLE 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>2 <b>A</b> WG chicken drummies served with a biscuit <b>B</b> WG cheese calzones <b>Sides:</b> Mashed potatoes with low fat gravy Buttered corn Diced pears Fresh apple</p>	<p>3 <b>A</b> Meatball hoagie <b>B</b> WG cheese quesadilla pizza slice <b>Sides:</b> Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh orange quarters</p>	<p>4 <b>A</b> Buffalo chicken tenders served with a wheat dinner roll <b>B</b> Buttered WG mini cheese pierogies <b>Sides:</b> Mixed vegetables Celery sticks with ranch dip Sliced peaches Fresh apple</p>	<p>5 <b>A</b> WG cheese lasagna rollup served with a wheat breadstick <b>B</b> BBQ pork riblet on a wheat bun <b>Sides:</b> Seasoned peas Tossed garden salad 100% apple juice Grapes</p>	<p>6 <b>A</b> WG Big Daddy harvest pizza slice <b>B</b> Veal parm on a wheat bun <b>Sides:</b> California vegetable blend Fresh baby carrots Mixed fruit Fresh apple</p>
<p>9 <b>A</b> Hamburger or cheeseburger on a wheat bun <b>B</b> Grilled chicken on a wheat Kaiser roll <b>Sides:</b> Oven baked sweet potato fries Lettuce &amp; tomato slices Applesauce cup Raisins</p>	<p>10 <b>AWG</b> chicken nuggets served with a wheat dinner roll and dipping sauce <b>B</b> Shredded pork BBQ on wheat slider buns <b>Sides:</b> Potatoes that smile Fresh baby carrots Sliced peaches Fresh apple</p>	<p>11 <b>A</b> WG rotini with meat sauce served with a wheat breadstick <b>B</b> WG meat lover's stromboli with marinara sauce <b>Sides:</b> Steamed green beans Romaine salad Mixed fruit Fresh apple slices</p>	<p>12 <b>A</b> Hot ham and cheese on a wheat pretzel bun <b>B</b> Cheesesteak wrap <b>Sides:</b> Vegetarian baked beans Celery sticks with ranch dip Pineapple tidbits Fresh orange quarters</p>	<p>13 <b>A</b> Mickey's WG wedge pizza slice <b>B</b> Fish fillet with cheese and tartar sauce on a wheat bun <b>Sides:</b> Steamed broccoli Tossed garden salad Diced pears Fresh apple</p>
<p>16 <b>A</b> Chicken alfredo with a twist served with a wheat breadstick <b>B</b> Bosco pepperoni and cheese sticks with marinara sauce <b>Sides:</b> California vegetable blend Tossed garden salad Applesauce cup WG mini chocolate chip cookies</p>	<p>17 <b>A</b> Hot dog on a wheat bun <b>B</b> Hot-n-spicy chicken patty on a wheat bun <b>Sides:</b> Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple</p>	<p>18 <b>A</b> WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce <b>B</b> WG chicken egg roll <b>Sides:</b> Brown rice Cauliflower and broccoli blend Pineapple tidbits Fresh apple</p>	<p>19 <b>A</b> Sloppy joe on a wheat bun <b>B</b> WG cheese calzone <b>Sides:</b> Peas and carrots Cucumber sticks Mandarin oranges Fruitable juice box</p>	<p>20 <b>A</b> WG round cheese or pepperoni pizza <b>B</b> WG cheese lasagna rollup served with a wheat breadstick <b>Sides:</b> Orange glazed carrots Spinach salad Mixed fruit Petite banana</p>

MON	TUE	WED	THU	FRI
<p>23 <b>A</b> Macaroni and cheese <b>B</b> Mickey's WG white pizza slice <b>Sides:</b> Stewed tomatoes Raw broccoli tops Sliced peaches Raisins</p>	<p>24 <b>Apple Crunch Day</b> <b>A</b> Buffalo chicken hoagie with celery and blue cheese <b>B</b> Shredded pork BBQ with appleslaw on a wheat bun <b>Sides:</b> Tater tots Tossed garden salad Fresh apple slices Warm apple crisp</p>	<p>25 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p>	<p>26 <b>A</b> Toasted cheese on wheat bread <b>B</b> Pizza burger on a wheat bun <b>Sides:</b> Tomato soup with wheat saltine crackers Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>27 <b>A</b> WG stuffed crust pizza slice <b>B</b> Potato and cheese pierogies <b>Sides:</b> Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple</p>
<p>30 <b>A</b> Cheesesteak hoagie <b>B</b> Buffalo chicken tenders served with a wheat dinner roll <b>Sides:</b> Sweet potato bites Tossed garden salad Applesauce cup Orange quarters</p>	<p>31 <b>Early Dismissal</b> <b>A</b> Soft beef taco with shredded lettuce, tomato, cheese, and salsa <b>B</b> WG meat lover's stromboli with marinara sauce <b>Sides:</b> Refried beans Brown rice Mandarin oranges Pumpkin sugar cookie</p>	<p>Account balances and payments can be made at: <a href="http://myschoolaccount.com">myschoolaccount.com</a></p>	<p><b>Nutrition Tip of the Month</b>  Apples are high in fiber, Vitamin C and various antioxidants.</p>	<p>We encourage families to take advantage of the healthy choices available with school breakfast.</p>

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