



February 2018

Western Wayne School District  
EverGreen and Robert D. Wilson Schools

| MON                                                                                                                                                                                 | TUE                                                                                                                                                              | WED                                                                                                                                                                                                    | THU                                                                                                                                                                                                                                 | FRI                                                                                                                                                                            |
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| <p><b>National Wear Red Day</b> takes place on <b>February 2, 2018. Wear red to show your support for the awareness of heart disease.</b></p>                                       | <p><u><b>Nutrition Tip Of The Month</b></u><br/>Aim for 60 minutes of activity every day.</p>                                                                    |                                                                                                                       | <p>1 Soft beef taco with shredded lettuce, tomato, cheese and salsa<br/>Brown rice<br/>Refried beans<br/>Mandarin oranges<br/>Fresh apple</p>                                                                                       | <p>2 WG French bread pizza<br/>Steamed broccoli<br/>Celery sticks with ranch dip<br/>Mixed fruit<br/>Fresh apple slices</p>                                                    |
| <p>5 Bosco pepperoni and cheese sticks served with marinara sauce<br/>California mixed vegetables<br/>Tossed garden salad<br/>Applesauce cup<br/>WG mini chocolate chip cookies</p> | <p>6 Hot dog on a wheat bun<br/>Vegetarian baked beans<br/>Assorted raw vegetables<br/>Diced peaches<br/>Fresh apple</p>                                         | <p>7 WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce<br/>Mashed potatoes with low fat gravy<br/>Buttered corn<br/>Pineapple tidbits<br/>Fresh apple</p>           | <p>8 Sloppy joe on a wheat bun<br/>Baked tater tots<br/>Seasoned peas<br/>Mandarin oranges<br/>Fresh apple slices</p>                                                                                                               | <p>9 WG round cheese or pepperoni pizza<br/>Orange glazed carrots<br/>Spinach salad<br/>Diced pears<br/>Craisins</p>                                                           |
| <p>12 WG chicken patty on a wheat bun<br/>Potatoes that smile<br/>Lettuce and tomato slices<br/>Sliced peaches<br/>Fresh apple</p>                                                  | <p>13 WG rotini with meatballs served with a wheat breadstick<br/>Steamed green beans<br/>Tossed garden salad<br/>Fruitable juice box<br/>Fresh apple</p>        | <p>14 <u><b>Ash Wednesday</b></u><br/>Tomato soup with wheat saltine crackers<br/>Toasted cheese sandwich on wheat bread<br/>Assorted raw vegetables<br/>Mixed fruit<br/>Heart shaped sugar cookie</p> | <p>15 <u><b>Brunch for Lunch</b></u><br/>WG French toast sticks with syrup<br/>Sausage patty<br/>Hash brown patty<br/>Orange quarters<br/>100% orange juice</p>                                                                     | <p>16 <u><b>Early Dismissal</b></u><br/>WG stuffed crust pizza<br/>Mixed vegetables<br/>Romaine salad with roasted chick peas<br/>Pineapple tidbits<br/>Fresh apple slices</p> |
| <p>19<br/><b>NO SCHOOL</b><br/><br/><b>PRESIDENT'S DAY</b></p>                                                                                                                      | <p>20 Hamburger or cheeseburger on a wheat bun<br/>Baked sweet potato fries<br/>Lettuce and tomato slices<br/>Applesauce cup<br/>Craisins</p>                    | <p>21 Buttered WG mini pierogies<br/>Seasoned peas<br/>Celery sticks with ranch dip<br/>Sliced pears<br/>Fresh apple</p>                                                                               | <p>22 WG cheese lasagna rollup served with a wheat breadstick<br/>Steamed green beans<br/>Romaine salad with chick peas<br/>Mandarin oranges<br/>Fresh apple</p>                                                                    | <p>23 WG Big Daddy Harvest wedge pizza slice<br/>California vegetable blend<br/>Fresh baby carrots<br/>Mixed fruit<br/>Petite banana</p>                                       |
| <p>26 Cheesesteak hoagie<br/>Sweet potato bites<br/>Tossed garden salad<br/>Applesauce cup<br/>Fresh orange quarters</p>                                                            | <p>27 WG chicken nuggets served with a wheat dinner roll and dipping sauce<br/>Potatoes that smile<br/>Tossed garden salad<br/>Diced peaches<br/>Fresh apple</p> | <p>28 Hot ham and cheese on a wheat bun<br/>Baked vegetarian beans<br/>Assorted raw vegetables<br/>Pineapple tidbits<br/>Fresh apple</p>                                                               | <p>Please ensure that your child's account has adequate funds for their meal purchases. Parents are encouraged to set up low balance web alerts through: <a href="http://www.my.schoolaccount.com">www.my.schoolaccount.com</a></p> | <p><b>February 14, 2018</b><br/><br/><b>Happy Valentine's Day!</b></p>                    |

LUNCH MEAL PRICES

- \$2.35 - ELEMENTARY
- \$0.40 - REDUCED
- \$0.50 - MILK VARIETY
- \$3.50 ADULT LUNCH PRICE

DAILY LUNCH OFFERINGS

- HOT ENTRÉE**
- OR**
- DELI OPTIONS:**
- TURKEY ON WHOLE GRAIN WHITE BREAD
- PEANUT BUTTER AND JELLY UNCRUSTABLE
- CHEF SALAD
- YOGURT

**YOU MUST CHOOSE AT LEAST 3 OF THE 5 COMPONENTS AVAILABLE FOR THE SCHOOL LUNCH PRICE:**

- MEAT/MEAT ALTERNATE
- VEGETABLE
- FRUIT
- GRAIN/BREAD
- MILK
- \*STUDENTS MUST TAKE A 1/2 CUP OF FRUIT OR VEGETABLES DAILY\***

BREAKFAST MEAL PRICES

- \$1.25 - ELEMENTARY
- \$0.30 - REDUCED
- FREE LUNCH = FREE BREAKFAST**

DAILY BREAKFAST OFFERINGS

- WHOLE GRAIN CEREAL OR CEREAL BAR
- 100% FRUIT JUICES
- FRESH FRUIT
- MILK - VARIETY
- HOT ITEM EVERY FRIDAY**

MILK VARIETY

- FAT FREE WHITE
- FAT FREE CHOCOLATE
- 1% WHITE
- LACTAID