


February 2018

Western Wayne School District  
High School

USDA is an equal opportunity  
employer and provider.

**MENU SUBJECT TO CHANGE**

MON	TUE	WED	THU	FRI
	<p><u><b>Nutrition Tip of the Month</b></u></p> <p><b>Aim for 60 minutes of activity every day.</b></p> 		<p>1 <u><b>LGI</b></u> Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Refried beans Mandarin oranges Fresh apple <u><b>GYM</b></u> WG meat lover's stromboli served with marinara sauce Brown rice Tossed garden salad Mandarin oranges Fresh apple</p>	<p>2 <u><b>LGI</b></u> WG French bread pizza Steamed broccoli Celery sticks with ranch dip Mixed fruit Fresh apple slices <u><b>GYM</b></u> WG stuffed shells served with a wheat breadstick Steamed broccoli Celery sticks with ranch dip Mixed fruit Fresh apple slices</p>
<p>5 <u><b>LGI</b></u> Chicken alfredo with a twist served with a wheat breadstick California vegetable blend Tossed garden salad Applesauce cup WG chocolate chip cookie <u><b>GYM</b></u> Cheese quesadilla pizza slice California vegetable blend Tossed garden salad Applesauce cup WG chocolate chip cookie</p>	<p>6 <u><b>LGI</b></u> Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple <u><b>GYM</b></u> Hot-n-spicy chicken patty on a wheat bun Vegetarian baked beans Assorted raw vegetables Diced peaches Fresh apple</p>	<p>7 <u><b>LGI</b></u> WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce Mashed potatoes with low fat gravy Buttered corn Pineapple tidbits Fresh apple <u><b>GYM</b></u> BBQ pork riblet on a wheat bun Buttered corn Pineapple tidbits Fresh apple</p>	<p>8 <u><b>LGI</b></u> Sloppy joe on a wheat bun Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices <u><b>GYM</b></u> WG 3 cheese calzone Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices</p>	<p>9 <u><b>LGI</b></u> WG round cheese or pepperoni pizza Orange glazed carrots Spinach salad Diced pears Dried raisins <u><b>GYM</b></u> Fish fillet with cheese on a wheat bun Orange glazed carrots Spinach salad Diced pears Dried raisins</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

**\*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

**National Wear Red Day takes place on February 2, 2018. Wear red to show your support for awareness of heart disease.**

Happy Valentine's Day!  
2-14-18

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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

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CEREAL BAR  
100% FRUIT JUICE  
FRESH FRUIT  
MILK—VARIETY

**HOT ITEM EVERY FRIDAY**

**MILK VARIETY**

FAT FREE WHITE  
FAT FREE CHOCOLATE  
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LACTAID

**NUTRITION TIP OF THE MONTH**

**Aim for 60 minutes of activity every  
day.**

MON	TUE	WED	THU	FRI
<p>12 <b>LGI</b> Buffalo chicken hoagie with blue cheese and celery Potatoes that smile Tossed garden salad Sliced peaches Fresh apple <b>GYM</b> Cheeseburger with turkey bacon on a wheat bun Potatoes that smile Tossed garden salad Sliced peaches Fresh apple</p>	<p>13 <b>LGI</b> WG rotini with meatballs served with a wheat breadstick Steamed green beans Tossed garden salad Fruitable juice box Fresh apple <b>GYM</b> Grilled chicken on a wheat Kaiser roll Steamed green beans Lettuce and tomato slices Fruitable juice box Fresh apple</p>	<p>14 <b>Ash Wednesday</b> <b>LGI</b> Macaroni and cheese Stewed tomatoes Assorted raw vegetables Mixed fruit Heart shaped sugar cookie <b>GYM</b> Tomato soup with wheat saltine crackers Toasted grilled cheese on wheat bread Assorted raw vegetables Heart shaped sugar cookie</p>	<p>15 <b>LGI</b> <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Orange quarters 100% orange juice <b>GYM</b> Hot-n-spicy chicken patty on a wheat bun Hash brown patty Orange quarters 100% orange juice</p>	<p>16 <b>Early Dismissal</b> <b>LGI</b> WG stuffed crust pizza Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple slices <b>GYM</b> Potato and cheese pierogies Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple slices</p>
<p>19 <b>NO SCHOOL</b>          <b>PRESIDENTS' DAY</b></p>	<p>20 <b>LGI</b> Bosco pepperoni and cheese sticks served with marinara sauce Steamed broccoli Tossed garden salad Applesauce cup Dried raisins <b>GYM</b> <b>Wildcat McMuffin</b> Egg, ham &amp; cheese on a WG English muffin Sweet potato bites Tossed garden salad Applesauce cup Dried raisins</p>	<p>21 <b>LGI</b> WG mozzarella cheese sticks served with marinara sauce Oven baked fries Celery sticks with ranch dip Sliced pears Fresh apple <b>GYM</b> Buffalo chicken tenders served with a wheat dinner roll Oven baked fries Celery sticks with ranch dip Sliced pears Fresh apple</p>	<p>22 <b>LGI</b> WG cheese lasagna rollup served with a wheat breadstick Buttered corn Romaine salad with chick peas Mandarin oranges Fresh apple <b>GYM</b> Shredded pork BBQ on a wheat bun Buttered corn Romaine salad with chick peas Mandarin oranges Fresh apple</p>	<p>23 <b>LGI</b> WG Big Daddy Harvest wedge pizza slice California vegetable blend Fresh baby carrots Mixed fruit Petite banana <b>GYM</b> Fish fillet with cheese on a wheat bun California vegetable blend Fresh baby carrots Mixed fruit Petite banana</p>

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**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

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OF FRUIT OR VEGETABLES DAILY\***

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26 <b><u>LGI</u></b> Chicken parm served with a side of pasta Broccoli and cauliflower blend Tossed garden salad Applesauce cup Fresh orange quarters <b><u>GYM</u></b> Cheesesteak hoagie Baked sweet potato fries Broccoli and cauliflower blend Applesauce cup Fresh orange quarters	27 <b><u>LGI</u></b> WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Tossed garden salad Diced peaches Fresh apple <b><u>GYM</u></b> Pizza burger on a wheat bun Potatoes that smile Tossed garden salad Diced peaches Fresh apple	28 <b><u>LGI</u></b> Buffalo chicken hoagie with celery and blue cheese Baked vegetarian beans Pineapple tidbits Fresh apple <b><u>GYM</u></b> Hot ham and cheese on a wheat bun Baked vegetarian beans Celery sticks Pineapple tidbits Fresh apple		