

February 2018

**Happy  
Valentine's Day! 2-14-18**

**Western Wayne School District  
Middle School**

*USDA is an equal opportunity  
employer and provider.*

**MENU SUBJECT TO CHANGE**

MON	TUE	WED	THU	FRI
<p><b>National Wear Red Day takes place on February 2, 2018</b> <b>Wear red to show your support for the awareness of heart disease.</b></p>	<p><u>Nutrition Tip Of The Month</u></p> <p><b>Aim for 60 minutes of activity every day.</b></p>		<p>1 <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> Brown rice Refried beans Mandarin oranges Fresh apple</p>	<p>2 <b>A</b> WG French bread pizza <b>B</b> WG stuffed shells served with a wheat breadstick <b>Sides:</b> Steamed broccoli Celery sticks with ranch dip Mixed fruit Fresh apple slices</p>
<p>5 <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 mixed vegetables Tossed garden salad Applesauce cup WG mini chocolate chip cookies</p>	<p>6 <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>7 <b>A</b> WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce <b>B</b> BBQ pork riblet on a wheat bun <b>Sides:</b> Mashed potatoes with low fat gravy Buttered corn Pineapple tidbits Fresh apple</p>	<p>8 <b>A</b> Sloppy joe on a wheat bun <b>B</b> WG 3 cheese calzone <b>Sides:</b> Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices</p>	<p>9 <b>A</b> WG round cheese pizza or pepperoni pizza <b>B</b> Fish fillet with cheese on a wheat bun <b>Sides:</b> Orange glazed carrots Spinach salad Diced pears Craisins</p>
<p>12 <b>A</b> Buffalo chicken hoagie served with blue cheese <b>B</b> Pizza burger on a wheat bun <b>Sides:</b> Potatoes that smile Celery sticks Sliced peaches Fresh apple</p>	<p>13 <b>A</b> WG rotini with meatballs served with a wheat breadstick <b>B</b> WG meat lover's stromboli served with marinara sauce <b>Sides:</b> Steamed green beans Tossed garden salad Fruitable juice box Fresh apple</p>	<p>14 <u>Ash Wednesday</u> <b>A</b> Toasted cheese sandwich on wheat bread <b>B</b> Cheese quesadilla pizza slice <b>Sides:</b> Tomato soup with wheat saltine crackers Assorted raw vegetables Mixed fruit Heart shaped sugar cookie</p>	<p>15 <u>Brunch for Lunch</u> WG French toast sticks with syrup Sausage patty Hash brown patty Orange quarters 100% orange juice</p>	<p>16 <u>Early Dismissal</u> <b>A</b> WG stuffed crust pizza <b>B</b> Potato and cheese pierogies <b>Sides:</b> Mixed vegetables Romaine salad with roasted chick peas Pineapple tidbits Fresh apple slices</p>

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

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MON	TUE	WED	THU	FRI
<p>19</p> <p><b>NO SCHOOL</b></p> <p><b>PRESIDENT'S DAY</b></p>	<p>20 <b>A</b> Hamburger or cheeseburger on a wheat bun  <b>B</b> Grilled chicken on a wheat Kaiser roll  <b>Sides:</b> Baked sweet potato fries                      Lettuce and tomato slices                      Applesauce cup                      Dried raisins</p>	<p>21 <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 pears                      Fresh apple</p>	<p>22 <b>A</b> WG cheese lasagna rollup served with a wheat breadstick  <b>B</b> Shredded pork BBQ on a wheat bun  <b>Sides:</b> Buttered corn Romaine salad with chick peas                      Mandarin oranges                      Fresh apple</p>	<p>23 <b>A</b> WG Big Daddy Harvest wedge pizza slice  <b>B</b> Fish fillet with cheese on a wheat bun  <b>Sides:</b> California vegetable blend                      Fresh baby carrots                      Mixed fruit                      Petite banana</p>
<p>26 <b>A</b> Cheesesteak hoagie  <b>B</b> Hot-n-spicy chicken patty on a wheat bun  <b>Sides:</b> Sweet potato bites                      Tossed garden salad                      Applesauce cup                      Fresh orange quarters</p>	<p>27 <b>A</b> WG chicken nuggets served with a wheat dinner roll and dipping sauce  <b>B</b> BBQ pork riblet on a wheat bun  <b>Sides:</b> Potatoes that smile                      Tossed garden salad                      Diced peaches                      Fresh apple</p>	<p>28 <b>A</b> Hot ham and cheese on a wheat bun  <b>B</b> Cheeseburger with turkey bacon on a wheat bun  <b>Sides:</b> Baked vegetarian beans                      Assorted raw vegetables                      Pineapple tidbits                      Fresh apple</p>	<p><u><b>Nutrition Tip Of The Month</b></u></p> <p>Aim for 60 minutes of activity every day.</p>	<p><b>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.myschoolaccount.com">www.myschoolaccount.com</a></b></p>

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**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

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**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