

Western Wayne School District
EverGreen and Robert D. Wilson Schools

March 2018

MENU SUBJECT TO CHANGE

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

MON	TUE	WED	THU	FRI
<p>March 17, 2018 St. Patrick's Day</p> 	<p><u>NUTRITION TIP OF THE MONTH</u></p> <p>Your child has healthy breakfast options at school.</p>		<p>1 WG turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Mandarin oranges Fresh apple slices</p>	<p>2 WG Mickey's red pizza slice California vegetable blend Spinach salad Mixed fruit Petite banana</p>
<p>5 WG chicken patty on a wheat bun Seasoned waffle fries Lettuce and tomato slices Raisins Fresh apple</p>	<p>6 Cheese omelet Mini bagel Baked tater tots Fruitable juice box Orange quarters</p>	<p>7 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p>	<p>8 WG rotini with meatballs served with a wheat breadstick Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh apple</p>	<p>9 WG French bread pizza Mixed vegetables Tossed garden salad Diced pears Fresh apple slices</p>
NATIONAL SCHOOL BREAKFAST WEEK: MARCH 5—9, 2018				
<p>12 Bosco pepperoni and cheese sticks served with marinara sauce California vegetable blend Romaine salad Applesauce cup WG mini chocolate chip cookies</p>	<p>13 Tomato soup with wheat saltine crackers Toasted cheese on wheat bread Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>14 WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce Brown rice Buttered corn Pineapple tidbits Fresh apple</p>	<p>15 Sloppy joe on a wheat bun Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices</p>	<p>16 Go for the Greens WG round cheese or pepperoni pizza Steamed broccoli Celery sticks Sliced pears Honeydew melon cubes</p>
<p>19 Macaroni and cheese Stewed tomatoes Raw broccoli tops Diced peaches Craisins</p>	<p>20 Meatball hoagie Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters</p>	<p>21 Buttered WG mini cheese pierogies Mixed vegetables Fresh baby carrots Sliced pears Fresh apple</p>	<p>22 WG cheese lasagna rollup served with a wheat breadstick Steamed broccoli Romaine salad with chick peas Fruitable juice box Fresh apple slices</p>	<p>23 WG Big Daddy Harvest wedge pizza slice Orange glazed carrots Tossed garden salad Mixed fruit Fresh apple</p>
<p>26 Cheesesteak hoagie Sweet potato bites Tossed salad Applesauce cup Raisins</p>	<p>27 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Buttered corn Mandarin oranges Fresh apple</p>	<p>28 Hot ham and cheese on a wheat pretzel bun Baked vegetarian beans Assorted raw vegetables Pineapple tidbits Fresh apple</p>	<p>29 Early Dismissal Take Me Out to the Ball Game - Opening Day Baseball Hot dog or chili dog on a wheat bun Oven baked fries Ice cream sundae cup Fresh apple slices</p>	<p>30 Easter Break</p> 