

March 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>1 <u>LGI</u> WG chicken drummies served with a wheat biscuit Crinkle cut fries Fresh baby carrots Mandarin oranges Fresh apple slices <u>GYM</u> WG turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Mandarin oranges Fresh apple slices</p>	<p>2 <u>LGI</u> WG Mickey's red pizza slice California vegetable blend Spinach salad Mixed fruit Petite banana <u>GYM</u> WG stuffed shells served with a wheat breadstick California vegetable blend Spinach salad Mixed fruit Petite banana</p>
<p>5 <u>LGI</u> Buffalo chicken tenders served with a wheat dinner roll Seasoned waffle fries Fresh baby carrots Raisins Fresh apple <u>GYM</u> WG egg and cheese tortilla wrap Seasoned waffle fries Fresh baby carrots Raisins Fresh apple</p>	<p>6 <u>LGI</u> Mickey's WG breakfast pizza slice Steamed broccoli Tossed garden salad Fruitable juice box Orange quarters <u>GYM</u> <u>Wildcat McMuffin</u> Egg, ham and cheese on a WG English muffin Baked tater tots Tossed garden salad Fruitable juice box Orange quarters</p>	<p>7 <u>LGI</u> <u>Brunch for Lunch</u> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice <u>GYM</u> Hot-n-spicy chicken patty on a wheat bun Hash brown patty Applesauce cup 100% orange juice</p>	<p>8 <u>LGI</u> WG rotini with meatballs served with a wheat breadstick Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh apple <u>GYM</u> WG meat lover's stromboli with marinara sauce Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh apple</p>	<p>9 <u>LGI</u> WG French bread pizza Mixed vegetables Tossed garden salad Diced pears Fresh apple slices <u>GYM</u> Buttered mini WG pierogies Mixed vegetables Tossed garden salad Diced pears Fresh apple slices</p>

LUNCH MEAL PRICES

\$2.75—HIGH SCHOOL
\$0.40—REDUCED
\$0.50—MILK VARIETY
\$3.50—ADULT PRICE

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

***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

NUTRITION TIP OF THE MONTH

**Celebrate National
Nutrition Month—
March 2018
Go Further with Food**

NATIONAL SCHOOL BREAKFAST WEEK—MARCH 5—9, 2018. *TAKE THE SCHOOL BREAKFAST CHALLENGE*

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MARCH 17, 2018
HAPPY ST. PATRICK'S DAY

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<p>12 <u>LGI</u> Chicken alfredo with a twist served with a wheat breadstick California vegetable blend Romaine salad Applesauce cup WG mini chocolate chip cookies <u>GYM</u> Bosco pepperoni and cheese sticks served with marinara sauce California vegetable blend Romaine salad Applesauce cup WG mini chocolate chip cookies</p>	<p>13 <u>LGI</u> Cheese quesadilla pizza slice Steamed baby carrots Assorted raw vegetables Mixed fruit Fresh apple <u>GYM</u> Tomato soup with wheat saltine crackers Toasted cheese on wheat bread Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>14 <u>LGI</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>GYM</u> BBQ pork riblet on a wheat bun Buttered corn Tossed garden salad Pineapple tidbits Fresh apple</p>	<p>15 <u>LGI</u> Sloppy joe on a wheat bun Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices <u>GYM</u> WG 3-cheese calzone Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices</p>	<p>16 <u>Go For The Greens</u> <u>LGI</u> WG French bread pizza Steamed broccoli Celery sticks Sliced pears Honeydew melon cubes <u>GYM</u> Fish fillet with cheese on a wheat bun Tarter sauce Steamed broccoli Celery sticks Sliced pears Honeydew melon cubes</p>
<p>19 <u>LGI</u> Macaroni and cheese Stewed tomatoes Raw broccoli tops Diced peaches Craisins <u>GYM</u> Pizza burger on a wheat bun Tortilla chips with salsa Raw broccoli tops Diced peaches Craisins</p>	<p>20 <u>LGI</u> Meatball hoagie Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters <u>GYM</u> WG meat lover's stromboli with marinara sauce Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters</p>	<p>21 <u>LGI</u> Buffalo chicken hoagie with celery and blue cheese Mixed vegetables Fresh baby carrots Sliced pears Fresh apple <u>GYM</u> Buttered WG mini pierogies Mixed vegetables Fresh baby carrots Sliced pears Fresh apple</p>	<p>22 <u>LGI</u> WG cheese lasagna rollup served with a wheat breadstick Steamed broccoli Romaine salad with chick peas Fruitable juice box Fresh apple slices <u>GYM</u> Shredded pork BBQ on a wheat bun Steamed broccoli Romaine salad with chick peas Fruitable juice box Fresh apple slices</p>	<p>23 <u>LGI</u> WG Big Daddy Harvest wedge pizza slice Orange glazed carrots Tossed garden salad Mixed fruit Fresh apple <u>GYM</u> Veal parm on a wheat bun Orange glazed carrots Tossed garden salad Mixed fruit Fresh apple</p>

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MON	TUE	WED	THU	FRI
<p>26 LGI Buffalo chicken tenders served with a wheat dinner roll Sweet potato bites Tossed garden salad Applesauce cup Raisins GYM Cheesesteak hoagie Sweet potato bites Tossed garden salad Applesauce cup Raisins</p>	<p>27 LGI Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Buttered corn Mandarin oranges Fresh apple GYM Bosco pepperoni and cheese sticks with marinara sauce Buttered corn Fresh baby carrots Mandarin oranges Fresh apple</p>	<p>28 LGI WG BBQ chicken flatbread Marinated black bean salad Tossed garden salad Pineapple tidbits Fresh apple GYM Hot ham and cheese on a wheat pretzel bun Baked vegetarian beans Tossed garden salad Pineapple tidbits Fresh apple</p> <p>Nutrition Tip Of The Month</p> <p>Celebrate National Nutrition Month—March 2018</p> <p>Go Further with Food</p>	<p>29 Early Dismissal LGI Hot dog or chili dog on a wheat bun Oven baked fries Ice cream sundae cup Fresh apple slices GYM Cheeseburger on a wheat bun Oven baked fries Lettuce and tomato slices Ice cream sundae cup Fresh apple slices</p>	<p>30 School Closed</p>  <p>Easter Break</p>

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