


March 2018

Western Wayne School District
Middle School

USDA is an equal opportunity employer and provider.

MENU SUBJECT TO CHANGE

MON	TUE	WED	THU	FRI
<p>March 17, 2018 St. Patrick's Day</p> 			<p>1 A WG turkey corn dog nuggets B WG chicken drummies served with a wheat biscuit Sides: Crinkle cut fries Fresh baby carrots Mandarin oranges Fresh apple slices</p>	<p>2 A WG Mickey's red pizza slice B WG stuffed shells served with a wheat breadstick Sides: California vegetable blend Spinach salad Mixed fruit Petite banana</p>
<p>5 A Buffalo chicken hoagie with celery and blue cheese B WG egg & cheese tortilla breakfast wrap Sides: Seasoned waffle fries Raisins Fresh apple</p>	<p>6 A <u>Wildcat McMuffin</u> Egg, ham and cheese on a WG English muffin B Mickey's WG breakfast pizza Sides: Baked tater tots Tossed garden salad 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 A WG rotini with meatballs served with a wheat breadstick B WG meat lover's stromboli with marinara sauce Sides: Steamed green beans Romaine salad with roasted chick peas Pineapple tidbits Fresh apple</p>	<p>9 A WG French bread pizza B Buttered WG mini pierogies Sides: Mixed vegetables Tossed garden salad Diced pears Fresh apple slices</p>
<p>NATIONAL SCHOOL BREAKFAST WEEK—MARCH 5—9, 2018.</p>				
<p>12 A Bosco pepperoni and cheese sticks served with marinara sauce B Chicken alfredo with a twist served with a wheat breadstick Sides: California vegetable blend Romaine salad Applesauce cup WG mini chocolate</p>	<p>13 A Toasted cheese on wheat bread B Cheese quesadilla pizza slice Sides: Tomato soup with wheat saltine crackers Assorted raw vegetables Mixed fruit Fresh apple</p>	<p>14 A WG lightly breaded chicken tenders served with a wheat dinner roll and dipping sauce B BBQ pork riblet on a wheat bun Sides: Mashed potatoes with low fat gravy Buttered corn Pineapple tidbits Fresh apple</p>	<p>15 A Sloppy joe on a wheat bun B WG 3-cheese calzone Sides: Baked tater tots Seasoned peas Mandarin oranges Fresh apple slices</p>	<p>16 Go for the Green A WG round cheese or pepperoni pizza B Fish fillet with cheese on a wheat bun Sides: Steamed broccoli Celery sticks Sliced pears Honeydew melon cubes</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

Nutrition Tip Of The Month

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

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MON	TUE	WED	THU	FRI
<p>19 A Macaroni and cheese B Mickey's WG white pizza slice Sides: Stewed tomatoes Raw broccoli tops Diced peaches Craisins</p>	<p>20 A Meatball hoagie B WG meat lover's stromboli with marinara sauce Sides: Steamed green beans Tossed garden salad Pineapple tidbits Fresh orange quarters</p>	<p>21 A Buffalo chicken hoagie with celery and blue cheese B Buttered WG cheese pierogies Sides: Mixed vegetables Fresh baby carrots Sliced pears Fresh apple</p>	<p>22 A WG cheese lasagna rollup served with a wheat breadstick B Shredded pork BBQ on a wheat bun Sides: Steamed broccoli Romaine salad with chick peas Fruitable juice box Fresh apple slices</p>	<p>23 A WG Big Daddy Harvest wedge pizza slice B Veal parm on a wheat bun Sides: Orange glazed carrots Tossed garden salad Mixed fruit Fresh apple</p>
<p>26 A Cheesesteak hoagie B Hot-n-spicy chicken patty on a wheat bun Sides: Sweet potato bites Tossed garden salad Applesauce cup Raisins</p>	<p>27 A Soft beef taco with shredded lettuce, tomato, cheese and salsa B Bosco pepperoni and cheese sticks with marinara sauce Sides: Brown rice Buttered corn Mandarin oranges Fresh apple</p>	<p>28 A Hot ham and cheese on a wheat pretzel bun B Grilled chicken on a wheat Kaiser roll Sides: Baked vegetarian beans Lettuce and tomato slices 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 * Wear your favorite baseball attire *</p>	<p>30 SCHOOL IS CLOSED! EASTER BREAK</p> 

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