Western Wayne School District
EverGreen and Robert D. Wilson Schools
PreK and Head Start

August/September 2018

MON	TUE	WED	THU	FRI
27 WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato shapes Diced peaches	28 WG rotini with meatballs served with a wheat breadstick Steamed green beans Romaine salad Fruitable juice box	29 Hot ham and cheese on a wheat pretzel bun Celery sticks Diced pears	30 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Buttered corn Apple slices	31 NO SCHOOL LABOR DAY BREAK
3 NO SCHOOL LABOR DAY	4 Bosco pepperoni and cheese sticks with marinara sauce Cauliflower and broccoli blend Tossed garden salad Applesauce cup	5 WG chicken tenders served with a wheat dinner roll and dipping sauce Mashed potatoes with low fat gravy Fresh orange quarters	6 Hot dog on a wheat bun Vegetarian baked beans Sliced peaches	7 WG round pizza Spinach salad Petite banana
10 Macaroni and cheese Raw broccoli tops Mixed fruit	11 WG chicken patty on a wheat bun Tater tots Raisin box	12 **Brunch for Lunch** WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup	13 WG mini potato and cheese pierogies Mixed vegetables Tossed garden salad Diced peaches	14 WG stuffed crust pizza Steamed broccoli Romaine salad with roasted chick peas Apple slices
17 Cheesesteak wrap Sweet potato fries Tossed garden salad Grapes	***National Cheeseburger Day*** Cheeseburger on a wheat bun Potatoes that smile Lettuce and tomato slices Mandarin oranges	19 WG mini turkey corn dog nuggets Vegetarian baked beans Fresh baby carrots Fresh orange quarters	20 Tomato soup with wheat crackers Toasted cheese sandwich Apple slices	21 WG French bread pizza California vegetable blend Romaine salad Petite banana
24 **Wildcat Bowl** WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll Tossed garden salad Pineapple tidbits	25 WG cheese lasagna rollup served with a wheat breadstick Steamed green beans Romaine salad Fruitable juice box	26 Sloppy joe on a wheat bun Seasoned peas Cucumber sticks Applesauce cup	27 Meatball hoagie Steamed broccoli Tossed garden salad 100% apple juice	28 WG Mickey's wedge pizza slice Mixed vegetables Fresh baby carrots Mandarin oranges

FOOD ALLERGIES MUST BE REPORTED TO THE FOOD SERVICE DEPARTMENT WITH A PHYSICIAN'S NOTE

Daily Alternates:
Smucker's PBJ uncrustable
-or-
Fruited Yogurt with Graham Crackers

Milk Choices Offered Daily at Lunch
1% Low Fat White
-or-
Fat Free White

Menu subject to change

Food Service Director: Maria Liptak, RD
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USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.

Nutrition Tip Of The Month
Time to fall back into a daily routine—school is here. Start the day with a healthy breakfast.