



December 2018

Western Wayne School District  
EverGreen and Robert D. Wilson Schools

MON	TUE	WED	THU	FRI
3 Cheesesteak wrap Sweet potato fries Tossed garden salad Mixed fruit Fresh apple	4 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Strawberry cup Fruitable juice box	5 WG mini turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Pineapple tidbits Fresh apple	6 Tomato soup served with wheat crackers Toasted grilled cheese on wheat bread Assorted raw vegetables Sliced peaches Apple slices	7 WG French bread pizza California vegetable blend Romaine salad Diced pears Petite banana
10 <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll Buttered corn Applesauce cup Raisins	11 WG cheese lasagna rollup served with a wheat breadstick Steamed broccoli Tossed garden salad Mixed fruit Orange quarters	12 Meatball hoagie Steamed green beans Romaine salad with chick peas Mixed berry cup Fresh apple	13 Sloppy joe on a wheat bun Baked tater tots Cucumber slices Diced peaches Fresh apple	14 WG Mickey's wedge pizza slice Mixed vegetables Fresh baby carrots Mandarin oranges Apple slices
17 WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato shapes Tossed garden salad Pear slices Fresh apple	18 WG rotini with meat sauce served with a wheat breadstick Steamed green beans Romaine salad with chick peas Pineapple tidbits Fresh apple	19 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice	20 Turkey with gravy over a biscuit Mashed potatoes with low fat gravy Buttered corn Holiday sugar cookie Apple slices	21 <b>Early Dismissal</b> Big Daddy WG cheese pizza slice California vegetable blend Celery sticks Peach slices Petite banana
		<b>Merry Christmas!</b> <b>December 25, 2018</b> 	<b>Nutrition Tip Of The Month</b> Ring in a healthy new year by teaching kids the importance of food nutrition and eating skills.	

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components offered for the school breakfast meal:

- Entrée, 1 cup fruit, and 1/2 pint milk
- \*General Mills WG assorted cereals served daily
- Milk Choices Offered Daily at Breakfast:
- 1% Low Fat White and Fat Free Chocolate
- Meal Prices: Paid \$1.25 Reduced \$0.30

What Makes a Lunch Meal?

You must choose at least 3 of 5 components offered for the school lunch meal:

- Meat/Meat Alternate
- Vegetable
- Fruit
- Grain/Bread
- Milk
- \*\*Students must choose at least 1/2 cup of fruit or vegetable daily at lunch.\*\*

Milk Choices Offered Daily at Lunch:  
1% Low Fat White, Fat Free White, Fat Free Chocolate

Daily Lunch Offerings from the Deli:

- Smucker's PBJ uncrustable
- Turkey Sandwich on WG white bread
- Fruited Yogurt served with Graham Crackers
- Meal Prices: Paid: \$2.35 Reduced: \$0.40

**\*Menu subject to change\***

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