

December 2018

Western Wayne School District  
Middle School

MON	TUE	WED	THU	FRI
<p>3 A - Cheesesteak wrap  <b>B</b> - WG Buffalo chicken tenders served with a wheat dinner roll  <u>Sides:</u> Sweet potato fries                      Tossed garden salad                      Mixed fruit                      Fresh apple</p>	<p>4 A - Hamburger or cheeseburger on a wheat bun  <b>B</b> - Grilled chicken on a wheat bun  <u>Sides:</u> Vegetarian baked beans                      Lettuce and tomato slices                      Strawberry cup                      Fruitable juice box</p>	<p>5 A - WG mini turkey corn dog nuggets  <b>B</b> - Sloppy joe on a wheat bun  <u>Sides:</u> Crinkle cut fries                      Fresh baby carrots                      Pineapple tidbits                      Fresh apple</p>	<p>6 A - Toasted grilled cheese on wheat bread  <b>B</b> - WG meat lover's stromboli with side of marinara sauce  <u>Sides:</u> Tomato soup with wheat crackers                      Assorted raw vegetables                      Sliced peaches                      Apple slices</p>	<p>7 A - WG French bread pizza  <b>B</b> - Veal parm on a wheat bun  <u>Sides:</u> California vegetable blend                      Romaine salad                      Diced pears                      Petite banana</p>
<p>10 A - <b>Wildcat Bowl</b>                      WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll  <b>B</b> - BBQ pork riblet on a wheat bun  <u>Sides:</u> Buttered corn                      Applesauce cup                      Raisins</p>	<p>11 A - WG cheese lasagna rollup served with a wheat breadstick  <b>B</b> - Cheese quesadilla pizza slice  <u>Sides:</u> Steamed broccoli                      Tossed garden salad                      Mixed fruit                      Orange quarters</p>	<p>12 A - Meatball hoagie  <b>B</b> - Bosco's pepperoni and cheese sticks served with a side of marinara sauce  <u>Sides:</u> Steamed green beans                      Romaine salad with chick peas                      Mixed berry cup                      Fresh apple</p>	<p>13 A - Buffalo chicken hoagie with blue cheese  <b>B</b> - Pizza burger on a wheat bun  <u>Sides:</u> Baked tater tots                      Cucumber slices                      Diced peaches                      Fresh apple</p>	<p>14 A - WG Mickey's wedge pizza slice  <b>B</b> - Fish fillet with cheese on a wheat bun  <u>Sides:</u> Mixed vegetables                      Fresh baby carrots                      Mandarin oranges                      Apple slices</p>

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: \$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. \*\*  
 Milk Choices Offered Daily at Lunch:  
 1% Low Fat White, Fat Free White, Fat Free Chocolate

Daily Lunch Offerings from the Deli:  
 PBJ sandwich on WG white bread  
 Wildcat Hoagie  
 Chef Salad served with a Dinner Roll  
 Fruited Yogurt served with Graham Crackers  
 Meal Prices: Paid \$2.75 Reduced \$0.40

**\*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**

Ring in a healthy new year by teaching kids the importance of food nutrition and eating skills

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<p>17 <b>A</b> - WG chicken nuggets served with a wheat dinner roll and dipping sauce  <b>B</b> - BBQ pork riblet on a wheat bun  <u>Sides:</u> Emoticon mashed potato shapes                      Tossed garden salad                      Pear slices                      Fresh apple</p>	<p>18 <b>A</b> - WG rotini with meat sauce served with a wheat breadstick  <b>B</b> - WG cheese calzone  <u>Sides:</u> Steamed green beans                      Romaine salad with chick peas                      Pineapple tidbits                      Fresh apple</p>	<p>19 <u>Brunch for Lunch</u>                      WG French toast sticks with syrup                      Sausage patty                      Hash brown patty                      Applesauce cup                      100% orange juice</p>	<p>20 <b>A</b> - Turkey with gravy over a biscuit  <b>B</b> - Fish nuggets served with a wheat dinner roll  <u>Sides:</u> Mashed potatoes with gravy                      Buttered corn                      Holiday sugar cookie                      Apple slices</p>	<p>21 <b>Early Dismissal</b>  <b>A</b> - Big Daddy WG cheese pizza slice  <b>B</b> - Hot-n-spicy chicken patty on a wheat bun  <u>Sides:</u> California vegetable blend                      Celery sticks                      Peach slices                      Petite banana</p>
<p><b>Merry Christmas!</b>  <b>December 25, 2018</b></p>				<p><u>Nutrition Tip of The Month</u></p> <p>Ring in a healthy new year by teaching kids the importance of food nutrition and eating skills.</p>

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