



January 2019

Western Wayne School District
EverGreen and Robert D. Wilson Schools

MON	TUE	WED	THU	FRI
<p><u>Nutrition Tip of the Month</u> It is important to focus on adequate nutrition during the winter months.</p>	<p>1 SCHOOL CLOSED</p> 	<p>2 WG chicken tenders served with a wheat dinner roll & dipping sauce Potatoes that smile Mandarin oranges Fruitable juice box</p>	<p>3 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Celery sticks and ranch dip Diced pears Fresh apple</p>	<p>4 WG round pizza Orange glazed carrots Tossed garden salad Pineapple tidbits Fresh apple slices</p>
<p>7 Bosco pepperoni and cheese sticks served with a marinara sauce cup Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip cookies</p>	<p>8 Soft beef taco with shredded lettuce, tomato, cheese & salsa Brown rice Buttered corn Mixed fruit Fresh apple</p>	<p>9 Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Applesauce cup Raisins</p>	<p>10 WG cheese ravioli with red sauce served with a wheat breadstick Mixed vegetables Spinach salad Mandarin oranges Fresh apple</p>	<p>11 WG Big Daddy Harvest pizza slice Steamed broccoli Fresh baby carrots Sliced pears Petite banana</p>
<p>14 Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p>	<p>15 WG chicken patty on a wheat bun Tater tots Lettuce and tomato slices Diced pears Orange quarters</p>	<p>16 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p>	<p>17 Meatball hoagie Steamed green beans Romaine salad with chick peas Mandarin oranges Fresh apple</p>	<p>18 WG stuffed crust pizza slice Mixed vegetables Tossed garden salad Pineapple tidbits Fresh apple slices</p>
<p>21 NO SCHOOL I HAVE A DREAM  MARTIN LUTHER KING, JR. DAY</p>	<p>22 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Applesauce cup Fruitable juice box</p>	<p>23 WG mini turkey corndog nuggets Crinkle cut fries Tossed garden salad Warm blueberry crisp Fresh apple</p>	<p>24 Tomato soup served with wheat crackers Toasted grilled cheese sandwich on wheat bread Assorted raw vegetables Sliced peaches Fresh apple slices</p>	<p>25 WG French bread pizza California vegetable blend Fresh baby carrots Diced pears Petite banana</p>
<p>28 Cheesesteak wrap Sweet potato fries Tossed garden salad Applesauce cup Fresh apple</p>	<p>29 WG cheese lasagna rollup served with a wheat breadstick Steamed green beans Pineapple tidbits Fresh apple</p>	<p>30 Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn, and gravy served with a wheat dinner roll Buttered corn Diced peaches 100% apple juice</p>	<p>31 Sloppy joe on a wheat bun Tater tots Seasoned peas Mixed fruit Fresh apple slices</p>	<p>Access account balances or to make an online payment at myschoolaccount.com</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: 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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