


MON	TUE	WED	THU	FRI
	<p>1</p> <p>NO SCHOOL</p>  <p>HAPPY NEWYEAR</p>	<p>2</p> <p>LGI WG chicken tenders served with a wheat dinner roll and dipping sauce Potatoes that smile Mandarin oranges Fruitable juice box</p> <p>GYM BBQ pork riblet on a wheat bun Potatoes that smile Mandarin oranges Fruitable juice box</p>	<p>3</p> <p>LGI Cheeseburger on a wheat bun Vegetarian baked beans Celery sticks with ranch dip Diced pears Fresh apple</p> <p>GYM Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Celery sticks with ranch dip Diced pears Fresh apple</p>	<p>4</p> <p>LGI WG round pizza Orange glazed carrots Tossed garden salad Pineapple tidbits Fresh apple slices</p> <p>GYM WG stuffed shells served with a wheat breadstick Orange glazed carrots Tossed garden salad Pineapple tidbits Fresh apple slices</p>
<p>7</p> <p>LGI Chicken alfredo with a twist Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip cookies</p> <p>GYM Bosco pepperoni and cheese sticks served with marinara sauce Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip ciookies</p>	<p>8</p> <p>LGI Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Buttered corn Mixed fruit Fresh apple</p> <p>GYM WG meat lover's stromboli served with marinara sauce Buttered corn Mixed fruit Fresh apple</p>	<p>9</p> <p>LGI Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Applesauce cup Raisins</p> <p>GYM Hot-N-spicy chicken patty on a wheat bun Vegetarian baked beans Assorted raw vegetables Applesauce cup Raisins</p>	<p>10</p> <p>LGI WG cheese ravioli with red sauce served with a wheat breadstick Mixed vegetables Spinach salad Mandarin oranges Fresh apple</p> <p>GYM WG cheese quesadilla pizza slice Mixed vegetables Spinach salad Mandarin oranges Fresh apple</p>	<p>11</p> <p>LGI WG Big Daddy Harvest pizza slice Steamed broccoli Fresh baby carrots Sliced pears Petite banana</p> <p>GYM Veal parm on a wheat bun Steamed broccoli Fresh baby carrots Sliced pears Petite banana</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, 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:

- 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
Email: mliptak@westernwayne.org
Phone: 570-937-3085

USDA is an equal opportunity employer and provider.

**Western Wayne School District
High School**

January 2019

MON	TUE	WED	THU	FRI
<p>14 <u>LGI</u> Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p> <p style="text-align: center;"><u>GYM</u> Pizza burger on a wheat bun Tortilla chips with salsa Raw broccoli Mixed fruit Fresh apple</p>	<p>15 <u>LGI</u> Buffalo chicken hoagie with blue cheese Baked tater tots Celery sticks Diced pears Orange quarters</p> <p style="text-align: center;"><u>GYM</u> Cheese omelet served with a mini WG bagel Baked tater tots Celery sticks Diced pears Orange quarters</p>	<p>16 <u>LGI</u> <u>Brunch for Lunch</u> WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p> <p style="text-align: center;"><u>GYM</u> Hot-N-spicy chicken patty on a wheat bun Hash brown patty Tossed garden salad Applesauce cup 100% orange juice</p>	<p>17 <u>LGI</u> Meatball hoagie Steamed green beans Romaine salad with chick peas Mandarin oranges Fresh apple</p> <p style="text-align: center;"><u>GYM</u> WG cheese calzone Steamed green beans Romaine salad with chick peas Mandarin oranges Fresh apple</p>	<p>18 <u>LGI</u> WG stuffed crust pizza slice Mixed vegetables Tossed garden salad Pineapple tidbits Fresh apple slices</p> <p style="text-align: center;"><u>GYM</u> Fish fillet with cheese on a wheat bun with tartar sauce Mixed vegetables Tossed garden salad Pineapple tidbits Fresh apple slices</p>
<p>21</p> <p style="text-align: center; color: red; font-weight: bold;">NO SCHOOL</p> <div style="text-align: center;">  </div> <p style="text-align: center; color: red; font-weight: bold;">MARTIN LUTHER KING, JR. DAY</p>	<p>22 <u>LGI</u> Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Applesauce cup Fruitable juice box</p> <p style="text-align: center;"><u>GYM</u> Grilled chicken on a wheat bun Vegetarian baked beans Lettuce and tomato slices Applesauce cup Fruitable juice box</p>	<p>23 <u>LGI</u> WG chicken drummies served with a wheat biscuit Crinkle cut fries Tossed garden salad Warm blueberry crisp Fresh apple</p> <p style="text-align: center;"><u>GYM</u> WG mini turkey corn dog nuggets Crinkle cut fries Tossed garden salad Warm blueberry crisp Fresh apple</p>	<p>24 <u>LGI</u> WG meat lover's stromboli with marinara sauce cup Mixed vegetables Assorted raw vegetables Sliced peaches Fresh apple slices</p> <p style="text-align: center;"><u>GYM</u> Tomato soup with wheat saltine crackers Toasted grilled cheese on wheat bread Assorted raw vegetables Sliced peaches Fresh apple slices</p>	<p>25 <u>LGI</u> WG French bread pizza California vegetable blend Fresh baby carrots Diced pears Petite banana</p> <p style="text-align: center;"><u>GYM</u> WG mini cheese pierogies California vegetable blend Fresh baby carrots Diced pears Petite banana</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, 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:

- 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
Email: mliptak@westernwayne.org
Phone: 570-937-3085

USDA is an equal
opportunity employer and
provider.

January 2019

Western Wayne School District
High School

MON	TUE	WED	THU	FRI
<p>28 LGI Buffalo chicken tenders served with a wheat dinner roll Sweet potato fries Tossed garden salad Applesauce cup Fresh apple</p> <p>GYM Cheesesteak wrap Sweet potato fries Tossed garden salad Applesauce cup Fresh apple</p>	<p>29 LGI WG cheese lasagna rollup served with a wheat breadstick Steamed green beans Tossed garden salad Pineapple tidbits Fresh apple</p> <p>GYM WG meatball and cheese stuffed croissant Steamed green beans Tossed garden salad Pineapple tidbits Fresh apple</p>	<p>30 LGI Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn and gravy served with a wheat dinner roll Buttered corn Tossed garden salad Diced peaches 100% apple juice</p> <p>GYM BBQ pork riblet on a wheat bun Buttered corn Tossed garden salad Diced peaches 100% apple juice</p>	<p>31 LGI Sloppy joe on a wheat bun Baked tater tots Seasoned peas Mixed fruit Fresh apple slices</p> <p>GYM Chicken parm on a wheat bun Baked tater tots Seasoned peas Mixed fruit Fresh apple slices</p>	
		<p><u>Nutrition Tip Of The Month</u></p> <p>It is important to focus on adequate nutrition during the winter months.</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, 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:

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

Email: mliptak@westernwayne.org

Phone: 570-937-3085

**USDA is an equal
opportunity employer and
provider.**