


MON	TUE	WED	THU	FRI
<p><u>Nutrition Tip Of The Month</u></p> <p>It is important to focus on adequate nutrition during the winter months.</p>	<p>1</p> <p>NO SCHOOL</p>  <p>HAPPY NEWYEAR</p>	<p>2 A - WG chicken tenders served with a wheat dinner roll and dipping sauce B - BBQ pork riblet on a wheat bun Sides: Potatoes that smile Mandarin oranges Fruitable juice box</p>	<p>3 A - Hot ham and cheese on a wheat pretzel bun B - Cheeseburger on a wheat bun Sides: Vegetarian baked beans Celery sticks with ranch dip Diced pears Fresh apple</p>	<p>4 A - WG round pizza B - WG stuffed shells served with a wheat breadstick Sides: Orange glazed carrots Tossed garden salad Pineapple tidbits Fresh apple slices</p>
<p>7 A - Bosco pepperoni and cheese sticks served with a marinara sauce cup B - Chicken alfredo with a twist Sides: Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip cookies</p>	<p>8 A - Soft beef taco with shredded lettuce, tomato, cheese and salsa B - WG meat lover's stromboli served with a marinara sauce cup Sides: Brown rice Buttered corn Mixed fruit Fresh apple</p>	<p>9 A - Hot dog on a wheat bun B - Hot-N-spicy chicken patty on a wheat bun Sides: Vegetarian baked beans Assorted raw vegetables Applesauce cup Raisins</p>	<p>10 A - WG cheese ravioli with red sauce served with a wheat breadstick B - WG cheese quesadilla pizza slice Sides: Mixed vegetables Spinach salad Mandarin oranges Fresh apple</p>	<p>11 A - WG Big Daddy Harvest pizza slice B - Veal parm on a wheat bun Sides: Steamed broccoli Fresh baby carrots Sliced pears Petite banana</p>
<p>14 A - Macaroni and cheese B - WG Mickey's white pizza slice Sides: Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p>	<p>15 A - Buffalo chicken hoagie with blue cheese B - Pizza burger on a wheat bun Sides: Tater tots Celery sticks 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 A - Meatball hoagie B - WG cheese calzone Sides: Steamed green beans Romaine salad with chick peas Mandarin oranges Fresh apple</p>	<p>18 A - WG stuffed crust pizza slice B - Fish fillet with cheese on a wheat bun with tartar sauce Sides: Mixed vegetables Tossed garden salad Pineapple tidbits Fresh 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
Email: mliptak@westernwayne.org
Phone: 570-937-3085

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21 NO SCHOOL  MARTIN LUTHER KING, JR. DAY	22 A - Hamburger or cheeseburger on a wheat bun B - Grilled chicken on a wheat bun <u>Sides:</u> Vegetarian baked beans Lettuce and tomato slices Applesauce cup Fruitable juice box	23 A - WG mini turkey corndog nuggets B - Hot-N-spicy chicken patty on a wheat bun <u>Sides:</u> Crinkle cut fries Tossed garden salad Warm blueberry crisp Fresh apple	24 A - Toasted grilled cheese sandwich on wheat bread B - WG meat lover's stromboli with a marinara sauce cup <u>Sides:</u> Tomato soup with wheat crackers Assorted raw vegetables Sliced peaches Fresh apple slices	25 A - WG French bread pizza B - WG mini cheese pierogies <u>Sides:</u> California vegetable blend Fresh baby carrots Diced pears Petite banana
28 A - Cheesesteak wrap B - Buffalo chicken tenders served with a wheat dinner roll <u>Sides:</u> Sweet potato fries Tossed garden salad Applesauce cup Fresh apple	29 A - WG cheese lasagna rollup served with a wheat breadstick B - WG meatball and cheese stuffed croissant <u>Sides:</u> Steamed green beans Tossed garden salad Pineapple tidbits Fresh apple	30 A - <u>Wildcat Bowl</u> WG popcorn chicken topped with mashed potatoes and corn served with gravy and a wheat dinner roll B - BBQ pork riblet on a wheat bun <u>Sides:</u> Buttered corn Diced peaches 100% apple juice	31 A - Sloppy joe on a wheat bun B - Chicken parm on a wheat bun <u>Sides:</u> Tater tots Seasoned peas Mixed fruit Fresh apple slices	<p style="text-align: center;"><u>Nutrition Tip Of The Month</u></p> <p style="text-align: center;">It is important to focus on adequate nutrition during the winter months.</p>

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Did you know.....

my school account.com provides parents with the ability to create a low balance notification via email?

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