



**Western Wayne School District
EverGreen and Robert D. Wilson Schools
Pre-K and Head Start**

January 2019

Menu Subject to Change

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</p>	<p>3 Hot ham and cheese on a wheat pretzel bun Vegetarian baked beans Diced pears</p>	<p>4 WG round pizza Orange glazed carrots Pineapple tidbits</p>
<p>7 Bosco pepperoni and cheese sticks served with a marinara sauce cup Cauliflower and broccoli blend Diced peaches</p>	<p>8 Soft beef taco with shredded lettuce, tomato, cheese & salsa Buttered corn Mixed fruit</p>	<p>9 Hot dog on a wheat bun Vegetarian baked beans Applesauce cup</p>	<p>10 WG cheese ravioli with red sauce served with a wheat breadstick Spinach salad Mandarin oranges</p>	<p>11 WG Big Daddy Harvest pizza slice Steamed broccoli Petite banana with peanut butter</p>
<p>14 Macaroni and cheese Stewed tomatoes Mixed fruit</p>	<p>15 WG chicken patty on a wheat bun Tater tots Orange quarters</p>	<p>16 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup</p>	<p>17 Meatball hoagie Steamed green beans Mandarin oranges</p>	<p>18 WG stuffed crust pizza slice Tossed garden salad with turkey strips 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 Lettuce and tomato slices Applesauce cup</p>	<p>23 WG mini turkey corndog nuggets Crinkle cut fries Warm blueberry crisp</p>	<p>24 Tomato soup served with wheat crackers Toasted grilled cheese sandwich on wheat bread Sliced peaches</p>	<p>25 WG French bread pizza California vegetable blend Petite banana with peanut butter</p>
<p>28 Cheesesteak wrap Sweet potato fries Fresh apple</p>	<p>29 WG cheese lasagna rollup served with a wheat breadstick Steamed green beans Pineapple tidbits</p>	<p>30 Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn, and gravy served with a wheat dinner roll Diced peaches</p>	<p>31 Sloppy joe on a wheat bun Seasoned peas Mixed fruit</p>	<p>Access account balances or to make an online payment at myschoolaccount.com</p>

Daily Alternates:
Smucker's PBJ uncrustable
-or-
Fruited Yogurt with Graham Crackers

Milk Choices Offered Daily at Lunch
1% Low Fat White
-or-
Fat Free White

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