




February 2019

Western Wayne School District
EverGreen and Robert D. Wilson Schools

MON	TUE	WED	THU	FRI
<p>National Wear Red Day takes place on February 1, 2019. Wear red to show your support for the awareness of heart disease.</p>	<p><u>Nutrition Tip Of The Month</u> Help children make a positive association with healthy food choices and a healthy heart.</p>	<p>Chinese New Year February 5th</p> 	<p><u>Please ensure that your child's account has adequate funds for their meal purchases. Parents are encouraged to set up low balance web alerts through: www.my.schoolaccount.com</u></p>	<p>1 WG Mickey's Red pizza slice Mixed vegetables Romaine salad with cherry Red tomatoes Craisins Red delicious apple</p>
<p>4 Bosco pepperoni and cheese sticks with marinara sauce cup Cauliflower and broccoli blend Diced peaches WG mini chocolate chip cookies</p>	<p>5 Chinese New Year WG tangerine chicken Vegetable fried rice Steamed broccoli Pineapple tidbits Fortune cookie</p>	<p>6 WG chicken tenders served with a wheat dinner roll and dipping sauce Potatoes that smile Fresh baby carrots Mandarin oranges Fresh apple</p>	<p>7 Hot ham and cheese on a wheat pretzel bun Hash brown patty Celery sticks Applesauce cup Raisins</p>	<p>8 WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Mixed fruit Petite banana</p>
<p>11 WG rotini with meat sauce served with a wheat bread stick Steamed green beans Tossed garden salad Diced pears Fresh apple slices</p>	<p>12 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Buttered corn Pineapple tidbits Fresh apple</p>	<p>13 Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Mixed fruit Fruitable juice box</p>	<p>14 WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato fries Heart shaped sugar cookie with red sprinkles Fresh apple</p>	<p>15 Early Dismissal WG French bread pizza Steamed broccoli Fresh baby carrots Sliced pears Fresh apple slices</p>
<p>18 NO SCHOOL</p> 	<p>19 WG chicken patty on a wheat bun Sweet potato fries Lettuce and tomato slices Mandarin oranges Fresh apple</p>	<p>20 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p>	<p>21 Meatball hoagie Steamed green beans Romaine salad with roasted chick peas Diced pears Fresh orange</p>	<p>22 WG stuffed crust pizza slice Mixed vegetables Tossed garden salad Pineapple tidbits Petite banana</p>
<p>25 Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p>	<p>26 WG mini turkey corn dog nuggets Crinkle cut fries Tossed salad Wild blueberry cup with whipped topping 100% apple juice</p>	<p>27 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits Fresh apple</p>	<p>28 Tomato soup served with wheat crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Sliced peaches Fresh apple slices</p>	<p>February 14, 2018</p>  <p>Happy Valentine's Day!</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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