


**Western Wayne School District  
EverGreen and Robert D. Wilson Schools**

**March 2019**

MON	TUE	WED	THU	FRI
<p><b>March 17, 2019 St. Patrick's Day</b></p> 	<p><u>NUTRITION TIP OF THE MONTH</u></p> <p><b>March is National Nutrition Month</b></p>			<p>1 WG Mickey's red pizza slice Mixed vegetables Romaine salad Craisins Fresh apple</p>
<p>4 Bosco pepperoni and cheese sticks served with marinara sauce cup Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip cookies</p>	<p>5 <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes, corn and served with lowfat gravy and a wheat dinner roll Tossed garden salad Strawberry cup Fresh apple</p>	<p>6 <b>Ash Wednesday</b> WG cheese ravioli with red sauce served with a wheat bread stick Seasoned peas Tossed garden salad Applesauce cup Fresh orange quarters</p>	<p>7 Sloppy joe on a wheat bun Baked tater tots Celery sticks Mandarin oranges Fresh apple slices</p>	<p>8 WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Mixed fruit Petite banana</p>
<p><b>NATIONAL SCHOOL BREAKFAST WEEK: MARCH 4—8, 2019</b></p>				
<p>11 WG rotini with meat sauce served with a wheat bread stick Steamed green beans Tossed garden salad Diced pears Fresh apple</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 Peaches slices Fresh apple</p>	<p>15 <b>Early Dismissal</b> WG French bread pizza Steamed broccoli Fresh baby carrots Mandarin oranges Fresh apple slices</p>
<p>18 Cheesesteak wrap Sweet potato fries Tossed garden salad Mixed fruit Fresh apple</p>	<p>19 WG chicken patty on a wheat bun Oven baked fries Lettuce &amp; tomato slices Sliced pears Fresh apple</p>	<p>20 <b>Brunch for Lunch</b> 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 peaches Fresh apple</p>	<p>22 WG stuffed crust pizza slice Steamed carrots Tossed garden salad Pineapple tidbits Petite banana</p>
<p>25 Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed fruit Fresh orange quarters</p>	<p>26 WG mini turkey corndog nuggets Crinkle cut fries Fresh baby carrots Wild blueberry cup with whipped topping 100% apple juice</p>	<p>27 Hamburger or cheeseburger on a wheat bun Potatoes that smile Lettuce &amp; tomato slices Pineapple tidbits Fresh apple</p>	<p>28 Tomato soup served with wheat crackers Toasted grilled cheese on wheat bread Assorted raw vegetables Sliced peaches Fresh apple slices</p>	<p>29 Assorted WG pizza Steamed broccoli Tossed garden salad with chick peas 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, 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\***

Food Service Director: Maria Liptak, RD  
Email: mliptak@westernwayne.org  
Phone: 570-937-3085