

March 2019

Western Wayne School District
High School

MON	TUE	WED	THU	FRI
				<p>1 LGI WG Mickey's red pizza slice Mixed vegetables Romaine salad Craisins Fresh apple</p> <p>GYM Bacon cheeseburger on a wheat bun Mixed vegetables Romaine salad Craisins Fresh apple</p>
<p>4 LGI Chicken alfredo with a twist served with a wheat bread stick 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 cup Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip cookies</p>	<p>5 LGI Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn and low fat gravy served with a wheat dinner roll Buttered corn Tossed garden salad Strawberry cup Fresh apple</p> <p>GYM BBQ pork riblet on a wheat bun Buttered corn Tossed garden salad Strawberry cup Fresh apple</p>	<p>6 LGI Cheese quesadilla pizza slice Seasoned peas Tossed garden salad Applesauce cup Fresh orange quarters</p> <p>GYM 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 LGI Soppy joe on a wheat bun Baked tater tots Celery sticks Mandarin oranges Fresh apple slices</p> <p>GYM Chicken parm hoagie Baked tater tots Celery sticks Mandarin oranges Fresh apple slices</p>	<p>8 LGI WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Mixed fruit Petite banana</p> <p>GYM WG stuffed shells served with a wheat bread stick Orange glazed carrots Romaine salad with roasted chick peas Mixed fruit 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

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<p>11 LGI WG rotini with meat sauce served with a wheat bread stick Steamed green beans Tossed garden salad Diced pears Fresh apple</p> <p>GYM WG cheese calzone Steamed green beans Tossed garden salad Diced pears Fresh apple</p>	<p>12 LGI Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Buttered corn Pineapple tidbits Fresh apple</p> <p>GYM WG meat lover's stromboli with marinara sauce cup Buttered corn Pineapple tidbits Fresh apple</p>	<p>13 LGI Hot dog on a wheat bun Vegetarian baked beans Assorted raw vegetables Mixed fruit Fruitable juice box</p> <p>GYM Hot-N-spicy chicken patty on a wheat bun Vegetarian baked beans Assorted raw vegetables Mixed fruit Fruitable juice box</p>	<p>14 LGI WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato fries Peach slices Fresh apple</p> <p>GYM BBQ pork riblet on a wheat bun Emoticon mashed potato fries Peach slices Fresh apple</p>	<p>15 Early Dismissal LGI WG French bread pizza Steamed broccoli Fresh baby carrots Mandarin oranges Fresh apple slices</p> <p>GYM Fish fillet with cheese on a wheat bun with tartar sauce Steamed broccoli Fresh baby carrots Mandarin oranges Fresh apple slices</p>
<p>18 LGI Buffalo chicken tenders served with a wheat dinner roll Sweet potato fries Tossed garden salad Mixed fruit Fresh apple</p> <p>GYM Cheesesteak wrap Sweet potato fries Tossed garden salad Mixed fruit Fresh apple</p>	<p>19 LGI Buffalo chicken hoagie with blue cheese Oven baked fries Celery sticks Sliced pears Fresh apple</p> <p>GYM Pizza burger on a wheat bun Oven baked fries Celery sticks Sliced pears Fresh apple</p>	<p>20 LGI Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup 100% orange juice</p> <p>GYM Hot-N-spicy chicken patty on a wheat bun Hash brown patty Tossed garden salad Applesauce cup 100% orange juice</p>	<p>21 LGI Meatball hoagie Steamed green beans Romaine salad with roasted chick peas Diced peaches Fresh apple</p> <p>GYM WG cheese calzone Steamed green beans Romaine salad with roasted chick peas Diced peaches Fresh apple</p>	<p>22 LGI WG stuffed crust pizza slice Steamed carrots Tossed garden salad Pineapple tidbits Petite banana</p> <p>GYM Veal parm on a wheat bun Steamed carrots Tossed garden salad Pineapple tidbits Petite banana</p>

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<p>25 <u>LGI</u> Macaroni and cheese Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p> <p><u>GYM</u> Cheeseburger on a wheat bun WG tortilla chips with salsa Raw broccoli tops Mixed fruit Fresh apple</p>	<p>26 <u>LGI</u> <u>Wildcat McMuffin</u> Egg, ham and cheese on a WG English muffin Crinkle cut fries Fresh baby carrots Wild blueberry cup with whipped topping 100% apple juice</p> <p><u>GYM</u> WG mini turkey corn dog nuggets Crinkle cut fries Fresh baby carrots Wild blueberry cup with whipped topping 100% apple juice</p>	<p>27 <u>LGI</u> WG chicken tenders served with a wheat dinner roll and dipping sauce Potatoes that smile Tossed garden salad Pineapple tidbits Fresh apple</p> <p><u>GYM</u> Grilled chicken on a wheat bun Potatoes that smile Lettuce and tomato slices Pineapple tidbits Fresh apple</p>	<p>28 <u>LGI</u> WG meatball and cheese stuffed croissant Peas and carrots Assorted raw vegetables Sliced peaches Fresh apple slices</p> <p><u>GYM</u> Tomato soup with wheat crackers Toasted cheese sandwich on wheat bread Assorted raw vegetables Sliced peaches Fresh apple slices</p>	<p>29 <u>LGI</u> Assorted WG pizza Steamed broccoli Tossed garden salad with chick peas Sliced pears Petite banana</p> <p><u>GYM</u> Fish fillet with cheese on a wheat bun with tartar sauce Steamed broccoli Tossed garden salad with chick peas Sliced pears Petite banana</p>
		<p style="text-align: center;"><u>Nutrition Tip Of The Month</u></p> <p style="text-align: center; color: green;">March is National Nutrition Month</p>		

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