


MON	TUE	WED	THU	FRI
<p>March 17, 2019 St. Patrick's Day</p> 		<p><u>Nutrition Tip of the Month</u></p> <p>March is National Nutrition Month</p>		<p>1 A - WG Mickey's red pizza slice B - WG mini cheese pierogies Sides: Mixed vegetables Romaine salad Craisins Fresh apple</p>
<p>4 A - Bosco pepperoni and cheese sticks served with marinara sauce cup B - Chicken alfredo with a twist served with a wheat bread stick Sides: Cauliflower and broccoli blend Tossed garden salad Diced peaches WG mini chocolate chip cookies</p>	<p>5 A - Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn and low fat gravy served with a wheat dinner roll B - BBQ pork riblet on a wheat bun Sides: Buttered corn Tossed garden salad Strawberry cup Fresh apple</p>	<p>6 Ash Wednesday A - WG cheese ravioli with red sauce served with a wheat bread stick B - Cheese quesadilla pizza slice Sides: Seasoned peas Tossed garden salad Applesauce cup Fresh orange quarters</p>	<p>7 A - Sloppy joe on a wheat bun B - Chicken parm on a wheat bun Sides: Baked tater tots Celery sticks Mandarin oranges Fresh apple slices</p>	<p>8 A - WG round pizza B - WG stuffed shells served with a wheat dinner roll Sides: Orange glazed carrots Romaine salad with roasted chick peas Mixed fruit Petite banana</p>
<p>NATIONAL SCHOOL BREAKFAST WEEK—MARCH 4—8, 2019.</p>				
<p>11 A - WG rotini with meat sauce served with a wheat bread stick B - WG cheese calzone Sides: Steamed green beans Tossed garden salad Diced pears Fresh apple</p>	<p>12 A - Soft beef taco with shredded lettuce, tomato, cheese and salsa B - WG meat lover's stromboli with marinara sauce cup Sides: Brown rice Buttered corn Pineapple tidbits Fresh apple</p>	<p>13 A - Hot dog on a wheat bun B - Hot-N-spicy chicken patty on a wheat bun Sides: Vegetarian baked beans Assorted raw vegetables Mixed fruit Fruitable juice box</p>	<p>14 A - WG chicken nuggets served with a wheat dinner roll and dipping sauce B - BBQ pork riblet on a wheat bun Sides: Emoticon mashed potato fries Peach slices Fresh apple</p>	<p>15 Early Dismissal A - WG French bread pizza B - Fish fillet with cheese on a wheat bun with tartar sauce Sides: Steamed broccoli Fresh baby carrots Mandarin oranges 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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<p>18 A - Cheesesteak wrap B - Buffalo chicken tenders served with a wheat dinner roll Sides: Sweet potato fries Tossed garden salad Mixed fruit Fresh apple</p>	<p>19 A - Buffalo chicken hoagie with blue cheese B - Pizza burger on a wheat bun Sides: Oven baked fries Celery sticks Sliced pears 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 A - Meatball hoagie B - WG cheese calzone Sides: Steamed green beans Romaine salad with roasted chick peas Diced peaches Fresh apple</p>	<p>22 A - WG stuffed crust pizza slice B - Veal parm on a wheat bun Sides: Steamed carrots Tossed garden salad Pineapple tidbits Petite banana</p>
<p>25 A - Macaroni and cheese B - WG Mickey's white pizza slice Sides: Stewed tomatoes Raw broccoli tops Mixed fruit Fresh apple</p>	<p>26 A - WG mini turkey corndog nuggets B - Hot-N-spicy chicken patty on a wheat bun Sides: Crinkle cut fries Fresh baby carrots Wild blueberry cup with whipped topping 100% apple juice</p>	<p>27 A - Hamburger or cheeseburger on a wheat bun B - Grilled chicken on a wheat bun Sides: Potatoes that smile Lettuce and tomato slices Pineapple tidbits Fresh apple</p>	<p>28 A - Toasted cheese sandwich on wheat bread B - WG meatball and cheese stuffed croissant Sides: Tomato soup with wheat crackers Assorted raw vegetables Sliced peaches Fresh apple slices</p>	<p>29 A - Assorted WG pizza B - Fish fillet with cheese on a wheat bun with tartar sauce Sides: Steamed broccoli Tossed garden salad with chick peas Sliced pears Petite banana</p>

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 Celebrate National Nutrition Month— March 2019

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