


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

March 2019

Menu Subject to Change

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 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 Diced peaches</p>	<p>5 Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn and served with lowfat gravy and a wheat dinner roll Tossed garden salad Strawberry cup</p>	<p>6 Ash Wednesday WG cheese ravioli with red sauce served with a wheat bread stick Tossed garden salad Fresh orange quarters</p>	<p>7 Sloppy joe on a wheat bun Baked tater tots Fresh apple slices</p>	<p>8 WG round pizza Orange glazed carrots Petite banana</p>
NATIONAL SCHOOL BREAKFAST WEEK: MARCH 4—8, 2019				
<p>11 WG rotini with meat sauce served with a wheat bread stick Steamed green beans Diced pears</p>	<p>12 Soft beef taco with shredded lettuce, tomato, cheese and salsa Buttered corn Pineapple tidbits</p>	<p>13 Hot dog on a wheat bun Vegetarian baked beans Mixed fruit</p>	<p>14 WG chicken nuggets served with a wheat dinner roll and dipping sauce Emoticon mashed potato fries Peaches slices</p>	<p>15 Early Dismissal WG French bread pizza Steamed broccoli Mandarin oranges</p>
<p>18 Cheesesteak wrap Sweet potato fries Tossed garden salad Mixed fruit</p>	<p>19 WG chicken patty on a wheat bun Oven baked fries Sliced pears</p>	<p>20 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown patty Applesauce cup</p>	<p>21 Meatball hoagie Steamed green beans Diced peaches</p>	<p>22 WG stuffed crust pizza slice Tossed garden salad Petite banana</p>
<p>25 Macaroni and cheese Stewed tomatoes Fresh orange quarters</p>	<p>26 WG mini turkey corndog nuggets Crinkle cut fries Wild blueberry cup with whipped topping</p>	<p>27 Hamburger or cheeseburger on a wheat bun Potatoes that smile Pineapple tidbits</p>	<p>28 Tomato soup served with wheat crackers Toasted grilled cheese on wheat bread Fresh apple slices</p>	<p>29 Assorted WG pizza Steamed broccoli Sliced pears</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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