

March 2024

Western Wayne School District
High School

MON	TUE	WED	THU	FRI
<p><u>Monday, March 4th</u> <u>Golden Ticket Day</u> Select breakfast bags will contain a golden ticket. Please bring to cafeteria to redeem your prize if you receive a golden ticket.</p>				1 WG French bread pizza Green beans Fresh baby carrots with ranch dip Mixed fruit
NATIONAL SCHOOL BREAKFAST WEEK—MARCH 4-8, 2024				
4 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits	5 WG chicken tenders served with a wheat dinner roll Potatoes that smile Tossed garden salad Mandarin oranges	6 <u>Brunch for Lunch</u> WG French toast sticks with syrup Hash brown triangle Sausage patty Applesauce cup	7 Toasted cheese sandwich on WG white bread Tomato soup with saltine crackers Fresh broccoli with ranch dip Mixed berry cup	8 WG Mickey's red pizza slice Mixed vegetables Romaine salad Diced pears
11 WG chicken nuggets with dipping sauce Wheat dinner roll Hash brown oval patty Tossed garden salad Fresh apple slices	12 Soft beef taco with shredded lettuce, tomato, cheese and salsa Brown rice Corn Strawberry cup	13 <u>Pasta Bar</u> WG rotini pasta with choice of red meat sauce or chicken alfredo sauce Garlic breadstick Green beans Diced peach cup	14 Hot dog on a wheat bun Vegetarian baked beans Celery sticks with ranch dip Mixed fruit	15 <u>Early Dismissal Bag Lunch Meal</u> WG chicken patty on a wheat bun OR Cheesy Pull-Aparts Fresh baby carrots with ranch dip Applesauce cup

**Breakfast and Lunch Meals
Free for All Students**

- ♦ Second Lunch Cost: \$3.00
- ♦ Milk Only Cost: \$0.50
- ♦ Adult Meal Cost: \$4.75

Daily Lunch Offerings from the Deli:

PBJ Sandwich on WG White Bread
 Wildcat Hoagie
 Fruited Yogurt served with Graham Crackers

Daily Offering:

WG Chicken Patty on a Wheat Bun

What makes a Lunch Meal?

You must choose at least 3 of 5 components offered for the school lunch meal:

Meat/Meat Alternate Choice
 Vegetable Choice
 Fruit Choice
 Grain/Bread Choice
 Milk Choice - 1% white, Fat Free white or chocolate

****Students must choose at least 1/2 cup of fruit or vegetable daily. ****

Menu subject to change due to food supply issues

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

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY EMPLOYER AND
PROVIDER.**

Nutrition Tip of the Month


March is National Nutrition Month
 “Beyond the Table”
 Learn about making informed food choices and developing healthful eating and physical activity.

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MARCH 17th
HAPPY ST. PATRICK'S DAY

Western Wayne School District High School

MON	TUE	WED	THU	FRI
18 Buffalo chicken hoagie with blue cheese Potatoes that smile Celery sticks Fresh apple slices	19 BBQ pork riblet on a wheat bun Sweet potato puffs Marinated black bean salad Pineapple tidbits	20 WG cheese lasagna rollup served with a wheat breadstick Green beans Romaine salad with roasted chick peas Diced pears	21 WG turkey corndog nuggets Crinkle cut fries Fruitable juice box Peach slices	22 WG round pizza Orange glazed carrots Tossed garden salad Petite banana
25 Walking beef taco with the fixins Corn Salsa cup Applesauce cup	26 Hot ham and cheese on a wheat pretzel bun Hash brown triangle Fresh baby carrots with ranch dip Diced pears	27 <u>Wildcat Bowl</u> WG popcorn chicken topped with mashed potatoes, corn, cheese and gravy Tossed garden salad with roasted chick peas Mixed berry cup	28 <u>Early Dismissal</u> WG The Max mozzarella sticks with marinara sauce cup California vegetable blend Diced peaches WG sugar cookie	29 <u>Easter Break</u> 

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