

April 2024

Western Wayne School District
Middle School

**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

The benefits of healthy eating add up over time, bite by bite.

MON	TUE	WED	THU	FRI
1 School Closed 	2 Sloppy joe on a wheat bun Baked tator tots Diced pears	3 WG chicken tenders Wheat dinner roll Potatoes that smile Mandarin oranges Fruitable juice box	4 Toasted cheese sandwich on WG white bread Tomato soup with saltine crackers Celery sticks with ranch dip Applesauce cup	5 WG French bread pizza Orange glazed carrots Romaine salad Sidekick frozen juice cup
8 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Pineapple tidbits	9 Macaroni and cheese Wheat breadstick Steamed broccoli Stewed tomatoes Strawberry cup	10 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup	11 Hot ham and cheese on a wheat pretzel bun Sweet potato puffs Celery sticks with ranch dip Mixed fruit	12 The Max WG stuffed crust pizza slice California mixed vegetables Tossed garden salad Petite banana
15 WG chicken nuggets with dipping sauce Wheat dinner roll Potatoes that smile Mandarin oranges	16 Soft beef taco with lettuce, tomato and cheese cup Brown rice Corn Sidekick frozen juice cup	17 Pasta Bar WG rotini pasta with choice of red meat sauce or chicken alfredo sauce Green beans Garlic breadstick Sliced peaches	18 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Pineapple tidbits	19 WG round pizza Mixed vegetables Romaine salad with roasted chick peas Diced pears
22 Hot-N-Spicy chicken patty on a wheat bun Oven baked fries Lettuce and tomato slices Mixed fruit	23 WG cheese lasagna rollup Wheat breadstick Green beans Romaine salad Applesauce cup	24 WG turkey corndog nuggets Crinkle cut fries Fruitable juice box Fresh apple slices	25 Wildcat Bowl WG popcorn chicken topped with mashed potatoes, corn, cheese and gravy Wheat dinner roll Mandarin oranges	26 WG Mickey's red pizza slice California vegetable blend Tossed garden salad Petite banana
29 The Max WG mozzarella sticks with marinara sauce Steamed broccoli Tossed garden salad Applesauce cup WG chocolate chip cookie	30 Hot ham and cheese on a wheat pretzel bun Sweet potato puffs Fresh broccoli with ranch dip Strawberry cup		