## Western Wayne School District High School

| MON | TUE | WED | THU | FRI |
| :---: | :---: | :---: | :---: | :---: |
| 1 <br> School Closed <br> Easter Break | 2 Sloppy joe on a wheat bun Baked tator tots Diced pears | 3 WG chicken <br> tenders <br> Wheat dinner roll Potatoes that smile Mandarin oranges Fruitable juice box | 4 Toasted cheese sandwich on WG white bread <br> Tomato soup with saltine crackers Celery sticks with ranch dip Applesauce cup | 5 WG French bread pizza <br> Orange glazed carrots Romaine salad Sidekick frozen juice cup |
| 8 Hamburger or cheeseburger on a wheat bun <br> Vegetarian baked beans <br> Lettuce and tomato slices <br> 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 <br> 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 <br> 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 <br> WG popcorn chicken topped with mashed potatoes, corn, cheese and gravy <br> Wheat dinner roll Mandarin oranges | 26 WG Mickey’s red pizza slice California vegetable blend <br> 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 |  |  |  |

## 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.

