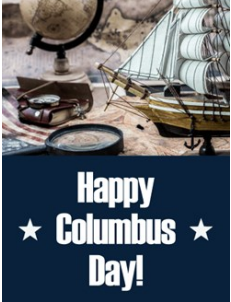


October 2024

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY EMPLOYER AND
PROVIDER.

Western Wayne School District
High School

MON	TUE	WED	THU	FRI
30 Chicken and gravy on a wheat biscuit Mashed potatoes Orange glazed carrots Pineapple tidbits	1 WG Hot-N-Spicy chicken patty on a wheat bun Baked tater tots Lettuce and tomato slices Sliced peaches	2 Hot dog on a wheat bun Baked beans Celery sticks with ranch dip Applesauce cup Paradise punch fruit box	3 WG cheese lasagna rollup Garlic breadstick Steamed green beans Mixed fruit	4 WG French bread pizza Steamed broccoli Tossed garden salad Sidekick frozen juice cup
7 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Diced peaches	8 National Pierogi Day Potato and cheese pierogies Wheat dinner roll California vegetable blend Tossed garden salad Pineapple tidbits	9 WG rotini with meat sauce Wheat breadstick Seasoned peas Romaine salad with roasted chick peas Diced pears	10 Great Apple Crunch Day WG mini turkey corndog nuggets Crinkle cut fries Paradise punch juice box Warm baked apple crisp	11 Mickey's red pizza slice Mixed vegetables Fresh baby carrots with ranch dip Petite banana
14 SCHOOL CLOSED 	15 Walking beef taco with shredded lettuce, cheese, salsa and sour cream Corn Fresh apple slices	16 Sloppy joe on a wheat bun Baked tater tots Cucumber slices Pineapple tidbits	17 WG chicken tenders Wheat dinner roll Potatoes that smile Marinated black bean salad Mandarin oranges	18 WG round pizza Orange glazed carrots Tossed garden salad Sidekick frozen juice cup

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

- ♦ Second Lunch Cost: \$3.75
- ♦ 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

Nutrition Tip of the Month

Make this Halloween an opportunity to teach your child to enjoy special treats in moderation as part of an overall healthy diet.

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High School

MON	TUE	WED	THU	FRI
<p>21 Wildcat Bowl Popcorn chicken topped with mashed potatoes, corn, cheddar cheese and gravy Wheat dinner roll Fresh apple slices</p>	<p>22 Cheesesteak hoagie Sweet potato puffs Fresh broccoli tops with ranch dip Mixed fruit</p>	<p>23 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown triangle Cinnamon applesauce cup Orange pineapple juice</p>	<p>24 Toasted cheese on WG white bread Tomato soup with saltine crackers Marinated black bean salad Diced pears</p>	<p>25 WG stuffed crust pizza slice Steamed green beans Romaine salad Fresh orange quarters</p>
<p>28 Macaroni and cheese with WG goldfish crackers Steamed broccoli Stewed tomatoes Mixed berry cup</p>	<p>29 WG chicken nuggets with dipping sauce Wheat dinner roll Potatoes that smile Corn Mandarin oranges</p>	<p>30 Hot ham and cheese on a wheat pretzel roll Baked beans Fresh baby carrots with ranch dip Mixed fruit</p>	<p>31 Early Dismissal Cheesy pull-aparts with marinara sauce cup Tossed garden salad Paradise punch juice box WG pumpkin sugar cookie</p>	<p>All meals are FREE for the school year!</p>

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