

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

MON	TUE	WED	THU	FRI
				1 WG French bread pizza California vegetable blend Romaine salad Applesauce cup
4 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Diced peaches	5 Potato and cheese pierogies Wheat dinner roll Mixed vegetables Mixed berry cup	6 WG rotini with meat sauce Garlic breadstick Green beans Romaine salad with roasted chick peas Diced pears	7 WG mini turkey corn dog nuggets Crinkle cut fries Tossed garden salad Pineapple tidbits WG chocolate chip cookie	8 WG Mickey's red pizza slice Steamed broccoli Fresh baby carrots with ranch dip Petite banana
11 Early Dismissal WG Hot-N-Spicy chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Mixed fruit	12 Walking beef taco with shredded lettuce, cheese and salsa Corn Fresh apple slices	13 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup Orange pineapple juice	14 WG chicken tenders Wheat dinner roll Potatoes that smile Fresh broccoli tops with ranch dip Mandarin oranges	15 WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Pineapple tidbits

NUTRITION TIP OF THE MONTH

Start the day out with a healthy breakfast to prevent overeating throughout the day on Thanksgiving.

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MON	TUE	WED	THU	FRI
18 The Max mozzarella sticks Tomato soup Tossed garden salad Diced peaches WG chocolate chip cookie	19 Sloppy joe on a wheat bun Sweet potato fries Paradise punch juice box Mixed fruit	20 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Diced pears	21 Thanksgiving Dinner Roast turkey with gravy Wheat dinner roll Homemade stuffing Mashed potatoes Cranberry sauce Holiday frozen juice cup	22 WG stuffed crust pizza slice Steamed green beans Romaine salad Strawberry cup
25 Cheesesteak wrap Sweet potato puffs Fresh broccoli tops with ranch dip Mixed berry cup	26 Early Dismissal WG chicken nuggets Wheat dinner roll Potatoes that smile Fresh apple slices	27 	28 	29 

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