

December 2024

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.

Western Wayne School District
Middle School

**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 |
|---|--|---|---|--|
| <p>2</p>  <p>School Closed Thanksgiving Break</p> | <p>3 WG cheese lasagna rollup Garlic breadstick Steamed green beans Mixed fruit</p> | <p>4 Buffalo chicken hoagie Potato wedges Celery with blue cheese dressing Fruitable juice box Mandarin oranges</p> | <p>5 WG mini turkey corn dog nuggets Crinkle cut fries Fresh baby carrots with ranch dip Diced pears WG chocolate chip cookie</p> | <p>6 WG French bread pizza California vegetable blend Romaine salad with roasted chick peas Sliced peaches</p> |
| <p>9 Hamburger or cheeseburger on a wheat bun Oven baked fries Lettuce and tomato slices Pineapple tidbits</p> | <p>10 Potato and cheese pierogies served with a wheat dinner roll Mixed vegetables Sidekick frozen juice cup</p> | <p>11 Walking taco with shredded lettuce, cheese, salsa and sour cream Golden corn Fresh apple slices</p> | <p>12 WG chicken tenders with wheat dinner roll Potatoes that smile Romaine salad Mixed fruit</p> | <p>13 WG Mickey's red pizza slice Steamed broccoli Marinated black bean salad Petite banana</p> |
| <p>16 BBQ pork riblet on a wheat bun Sweet potato puffs Broccoli salad Diced peach cup</p> | <p>17 Tomato soup with saltine crackers Toasted cheese sandwich on WG white bread Fresh broccoli tops with ranch dip Diced pears</p> | <p>18 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup Orange pineapple juice</p> | <p>19 WG chicken nuggets with wheat dinner roll Mashed potatoes with gravy Watermelon spears WG candy cane sugar cookie</p> | <p>20 WG round pizza Orange glazed carrots Romaine salad with roasted chick peas Pineapple tidbits</p> |
| <p>23 Early Dismissal Cheesy pull-aparts with marinara sauce cup Tossed garden salad Fruitable juice box Mixed berry cup</p> |  <p>School Closed December 24, 2024 - January 1, 2025.</p> <p>School Resumes January 2, 2025.</p>  | | | |

Nutrition Tip of the Month

Include fruits and vegetables during the winter months that are packed with Vitamin C to help keep the immune system strong.