December 2024

Western Wayne School District **High School**

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



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

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



Fruitable juice box

Mixed berry cup