

January 2025

Western Wayne School District
EverGreen and Robert D. Wilson Schools

**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:

- Smucker's PBJ uncrustable with string cheese
- Turkey Sandwich on WG white bread
- Fruited Yogurt served with Graham Crackers
- EZ Jammers (peanut free) Uncrustables

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 at lunch for a reimbursable meal.

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

Help your child set one healthy goal for the new year.

MON	TUE	WED	THU	FRI
		1 School Closed 	2 WG mini turkey corndog nuggets Crinkle cut fries Diced pears WG chocolate chip cookie	3 WG stuffed crust pizza slice Steamed green beans Fresh baby carrots with ranch dip Pineapple tidbits
6 Macaroni and cheese Wheat breadstick Steamed broccoli Stewed tomatoes Strawberry cup	7 WG chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Sliced peaches	8 Hot ham and cheese on a wheat pretzel roll Hash brown patty Celery sticks with ranch dip Pineapple tidbits	9 Pasta Bar WG rotini pasta with choice of red meat sauce or chicken alfredo sauce Garlic breadstick Green beans Romaine salad Fresh apple slices	10 WG French bread pizza California vegetable blend Paradise punch juice box Petite banana
13 Cheesesteak wrap Sweet potato puffs Fresh broccoli with ranch dip Mixed fruit	14 Potato and cheese pierogies served with a wheat dinner roll Mixed vegetables Sidekick frozen juice cup	15 Brunch for Lunch WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup	16 WG chicken tenders Wheat dinner roll Potatoes that smile Romaine salad with roasted chick peas Mandarin oranges	17 WG Mickey's red pizza slice Steamed broccoli Celery sticks with hummus Sliced pears
20 School Closed 	21 WG popcorn chicken Wheat dinner roll Mashed potatoes with gravy Corn Pineapple tidbits	22 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Mixed fruit	23 Tomato soup with saltines Toasted cheese sandwich on WG white bread Tossed garden salad Diced peaches	24 WG stuffed crust pizza slice Orange glazed carrots Paradise punch juice box Petite banana
27 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Craisins	28 WG chicken nuggets Wheat dinner roll Potatoes that smile Tossed garden salad Fresh apple slices	29 Chinese New Year *see back of menu for special Chinese theme day menu	30 Meatball hoagie Steamed green beans Romaine salad with roasted chick peas Diced peaches	31 WG round pizza Mixed vegetables Fresh baby carrots with ranch dip Sliced pears