



MON	TUE	WED	THU	FRI
		<p>1 <b>NO SCHOOL</b></p> 	<p>2 WG mini turkey corndog nuggets Crinkle cut fries Diced pears WG chocolate chip cookie</p>	<p>3 WG stuffed crust pizza slice Steamed green beans Fresh baby carrots with ranch dip Pineapple tidbits</p>
<p>6 Macaroni and cheese Wheat breadstick Steamed broccoli Stewed tomatoes Strawberry cup</p>	<p>7 WG Hot-N-Spicy chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Sliced peaches</p>	<p>8 Hot ham and cheese on a wheat pretzel roll Hash brown patty Celery sticks with ranch dip Pineapple tidbits</p>	<p>9 <b>Pasta Bar</b> WG rotini pasta with choice of red meat sauce or chicken alfredo sauce Garlic breadstick Green beans Romaine salad Fresh apple slices</p>	<p>10 WG French bread pizza California vegetable blend Paradise punch juice box Petite banana</p>
<p>13 Cheesesteak wrap Sweet potato puffs Fresh broccoli with ranch dip Mixed fruit</p>	<p>14 WG potato and cheese pierogies served with a wheat dinner roll Mixed vegetables Sidekick frozen juice cup</p>	<p>15 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup</p>	<p>16 WG chicken tenders Wheat dinner roll Potatoes that smile Romaine salad with roasted chick peas Mandarin oranges</p>	<p>17 WG Mickey's red pizza slice Steamed broccoli Celery sticks with hummus Sliced pears</p>

**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**

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

MON	TUE	WED	THU	FRI
20 NO SCHOOL  Martin Luther King, Jr. Day	21 <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes, corn, cheddar cheese and gravy Wheat dinner roll Pineapple tidbits	22 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Mixed fruit	23 Tomato soup with saltine crackers 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 <b>Chinese New Year</b> General Tso chicken with WG vegetable egg roll WG vegetable fried rice Steamed broccoli Mandarin oranges Fortune cookie	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

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