



MON	TUE	WED	THU	FRI
3 BBQ pork riblet on a wheat bun Baked potato wedges Fresh broccoli tops with ranch dip Fresh apple slices	4 <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes, corn, cheddar cheese and gravy Wheat dinner roll Tossed garden salad Mandarin oranges	5 <b>Ash Wednesday</b> Macaroni and cheese Wheat breadstick Steamed broccoli Stewed tomatoes Sidekick frozen juice cup	6 Hot ham and cheese on a wheat pretzel bun Sweet potato fries Fresh baby carrots with ranch dip Mixed fruit	7 WG Big Daddy four cheese pizza slice Mixed vegetables Romaine salad with roasted chick peas Strawberry applesauce cup
<b>NATIONAL SCHOOL BREAKFAST WEEK—MARCH 3-7, 2025</b>				
10 Doritos walking beef taco with lettuce, cheese, salsa and sour cream Corn Mixed berry cup WG chocolate chip cookie	11 WG Hot-N-Spicy chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Diced peaches	12 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown triangle Applesauce cup Orange-Pineapple juice	13 WG mini turkey corn dog nuggets Crinkle cut fries Celery sticks with hummus Sliced pears	14 <b>Early Dismissal</b> WG stuffed crust pizza slice Green beans Paradise punch juice box Pineapple tidbits
17 Sloppy joe on a wheat bun Sweet potato puffs Green peas Strawberry kiwi sidekick frozen juice cup WG sugar cookie with green sprinkles	18 Hot turkey and gravy over a wheat biscuit Mashed potatoes Green beans Cucumber slices Mixed fruit	19 WG potato and cheese pierogies with sour cream Wheat breadstick Orange glazed carrots Romaine salad Applesauce cup	20 WG chicken tenders Wheat dinner roll Potatoes that smile Marinated bean salad Mandarin oranges	21 WG French bread pizza California vegetable blend Tossed garden salad Petite banana

**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**  
March is National Nutrition Month  
"Food Connects Us"  
Make informed food choices and develop sound eating and physical activity habits.

MON	TUE	WED	THU	FRI
24 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Watermelon spears	25 WG chicken nuggets Wheat dinner roll Potatoes that smile Paradise punch juice box Pineapple tidbits	26 Hot dog on a wheat bun Vegetarian baked beans Creamy coleslaw Applesauce cup	27 Tomato soup with saltine crackers Toasted cheese sandwich on WG white bread Tossed garden salad Diced peaches	28 WG Mickey’s red pizza slice Steamed broccoli Fresh baby carrots with ranch dip Sliced pears
31 WG rotini with meat sauce Garlic breadstick Green beans Romaine salad Mixed berry cup				

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