Western Wayne School District Middle School

MON	TUE	WED	THU	FRI	Breakfast and Lunch Meals Free for All Students Second Lunch Cost: \$3.75
Earth Day	1 Wildcat Bowl WG popcorn chicken pieces topped with mashed potatoes, corn, cheddar cheese and gravy Wheat dinner roll Broccoli salad Mandarin oranges	2 Macaroni and cheese with a wheat breadstick Steamed broccoli Stewed tomatoes Sidekick frozen juice cup Fresh apple slices	3 BBQ pork riblet on a wheat bun Sweet potato puffs Creamy coleslaw Sliced pears	4 WG Big Daddy four cheese pizza slice Mixed vegetables Romaine salad with roasted chick peas Strawberry applesauce cup	 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
7 Cheesy chicken quesadilla Brown rice Salsa cup Buttered corn Strawberry cup	8 WG Hot-N-Spicy chicken patty on a wheat bun Baked tater tots Lettuce and tomato slices Diced peaches	9 Brunch for Lunch WG French toast sticks with sausage Hash brown triangle Syrup cup Applesauce cup Mango splash juice box	10 WG mini corndog nuggets Crinkle cut fries Celery sticks with hummus Mixed fruit	11 WG stuffed crust pizza slice Orange glazed carrots Tossed garden salad Petite banana	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
14 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Pineapple tidbits	15 Meatball parmesan hoagie Green beans Cucumber slices Pear slices	16 WG potato and cheese pierogies Wheat breadstick Mixed vegetables Romaine salad Applesauce cup	17 Early Dismissal WG chicken tenders Wheat dinner roll Potato wedges Fresh baby carrots with ranch dip Mixed berry cup	SCHOOL CLOSED EASTER BREAK	Nutrition Tip Of The Month Benefits of Healthy Eating for Children Support brain development Healthy growth Immunity

Western Wayne School District Middle School

MON	TUE	WED	THU	FRI	Breakfast and Lunch Meals Free for All Students Second Lunch Cost: \$3.75 Milk Only Cost: \$0.50
21 School Closed Easter Break 28 Soft beef taco with lettuce, tomato,	22 WG chicken nuggets Wheat dinner roll Potatoes that smile Paradise punch juice box Mandarin oranges 29 Chicken alfredo with a twist	23 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Sliced pears 30 Hot turkey and cheese on a pretzel roll	24 Tomato soup with saltines The Max mozzarella sticks Tossed garden salad Diced peaches	25 WG Mickey's red pizza slice Green beans Mixed fruit Sidekick frozen juice cup	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
cheese, and salsa Corn Watermelon spears WG chocolate chip cookie	Garlic breadstick Steamed broccoli Romaine salad Pineapple tidbits	Hash brown triangle Marinated bean salad Apple slices			

Nutrition Tip Of The Month Benefits of Healthy Eating for Children

- Support brain developmentHealthy growth
- **Immunity**