

May 2024

This institution is an equal opportunity employer and provider.

Western Wayne School District  
EverGreen and Robert D. Wilson Schools

Breakfast and Lunch Meals  
Free for All Students

MON	TUE	WED	THU	FRI
		1 WG chicken tenders with dipping sauce Wheat dinner roll Potatoes that smile Mandarin oranges	2 Meatball hoagie Green beans Romaine salad Applesauce cup	3 WG French bread pizza Orange glazed carrots Sidekick frozen juice cups
6 Walking beef taco with the fixins Corn WG chocolate chip cookie Mixed berry cup	7 Sloppy joe on a wheat bun Baked tator tots Diced pears	8 WG turkey corndog nuggets Crinkle cut fries Fruitable juice box Fresh apple slices	9 Toasted cheese on WG white bread Tomato soup with saltine crackers Celery sticks with ranch dip Diced peaches	10 The Max WG stuffed crust pizza slice Steamed broccoli Tossed garden salad Petite banana
13 Hamburger or cheeseburger on a wheat bun Vegetarian baked beans Lettuce and tomato slices Mixed fruit	14 WG chicken nuggets served with a wheat dinner roll and dipping sauce Potatoes that smile Mandarin oranges	15 WG rotini with meat sauce Wheat breadstick Green beans Sliced peaches	16 Hot ham and cheese on a wheat pretzel bun Sweet potato puffs Applesauce cup	17 WG round pizza California vegetable blend Fresh baby carrots with ranch dip Diced pears
20 WG chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Pineapple tidbits	21 Macaroni and cheese Steamed broccoli Stewed tomatoes Mixed berry cup	22 BBQ pulled pork on a wheat bun Buttered corn Fresh apple slices Fruitable juice box	23 The Max WG mozzarella sticks with marinara sauce cup Oven baked fries WG chocolate chip cookie Diced peaches	24 <b>Early Dismissal</b> Assorted WG pizza slice Mixed vegetables Stars and stripes sidekick frozen juice cup
27 <b>SCHOOL CLOSED</b>  <b>MEMORIAL DAY</b>	28 Chicken and cheese quesadilla Brown rice Marinated black bean salad Diced pears	29 Hot dog on a wheat bun Potatoes that smile Celery sticks with ranch dip Applesauce cup	30 WG popcorn chicken pieces Wheat dinner roll Hash brown triangle Strawberry cup	31 WG Mickey's red pizza slice Steamed carrots Romaine salad Mixed fruit

- ♦ Second Lunch Cost: \$2.75
- ♦ 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**

Turn on the music, turn off the television, and get your family moving to a healthier beat.