

May 2024

Western Wayne School District  
High School

**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:

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

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER.**

**Nutrition Tip Of The Month**

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

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 with roasted chick peas Applesauce cup	3 WG French bread pizza Orange glazed carrots Fruitable juice box Sidekick frozen juice cup
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 Fresh baby carrots with ranch dip Diced pears	8 WG turkey corndog nuggets Crinkle cut fries Broccoli salad Fresh apple slices	9 Toasted cheese sandwich 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 with dipping sauce Wheat dinner roll Potatoes that smile Mandarin oranges	15 WG rotini with meat sauce Wheat breadstick Green beans Romaine salad Sliced peaches	16 Hot ham and cheese on a wheat pretzel bun Sweet potato puffs Coleslaw Applesauce cup	17 WG round pizza California vegetable blend Fresh baby carrots with ranch dip Diced pears

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MON	TUE	WED	THU	FRI
20 Egg, ham and cheese on a wheat biscuit Baked tator tots Pineapple tidbits Orange-pineapple juice	21 Macaroni and cheese Steamed broccoli Stewed tomatoes Mixed berry cup	22 BBQ pork riblet 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 Diced peaches WG chocolate chip cookie	24 <b>Early Dismissal</b> Assorted WG pizza Mixed vegetables Stars and stripes frozen juice cup
27 <b>SCHOOL IS CLOSED!</b>  Remember & Honor	28 Chicken and cheese quesadilla Sour cream 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

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All overdrawn accounts must be paid by **May 31, 2024**.

To check your students food service account balance, log into [myschoolaccount.com](https://myschoolaccount.com) or call the food service office at **570-937-3085**.

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