



# March/April 2010 Western Wayne School District Lake, Hamlin, Robert D. Wilson Schools

MON	TUE	WED	THU	FRI
1 <b>Early Dismissal</b> Turkey corn dog nuggets Oven baked fries Chilled pear halves	2 Potatoes & cheese pierogies Mixed vegetables Mandarin oranges	3 Sloppy joe on a wheat bun Tator tots Polish Water Ice	4 Chicken nuggets Dipping sauce White rice Pineapple tidbits	5 Deep dish round pizza Carrot coins Apple slices
8 Hamburger or cheeseburger on a bun Crinkle cut fries Chilled peaches	9 Meatball hoagie Green beans Applesauce	10 Hot ham and cheese on a wheat bun Potato wedges Oatmeal raisin cookie	11 Breaded fish shapes Hash brown patty Orange quarters	12 Big Daddy Pizza Steamed cauliflower Pear halves
15 Breaded chicken patty on a wheat bun Lettuce and tomato slices Oven baked fries Mixed fruit	16 Macaroni and cheese Steamed broccoli Mandarin oranges	17 <b>Go For The Green</b> Chicken dippers with teriyaki sauce White rice Shamrock frozen juice cup 	18 Soft beef taco with shredded lettuce, tomato, cheese and salsa Corn Applesauce	19 French bread pizza California vegetable blend Pineapple tidbits
22 Pepperoni hot pockets Oven baked fries Sliced peaches	23 Tomato soup Saltine crackers (Hamlin only—no soup) Grilled cheese on wheat Pear halves	24 <b>Brunch For Lunch</b> Silver dollar pancakes Syrup Sausage patty Hash brown stick Applesauce	25 Chicken nuggets Dipping sauce Mashed potatoes Low fat gravy Low fat pudding cup	26 Deep dish round pizza Seasoned peas Apple slices
29 Cheese steak on a bun Potatoes That Smile Mixed fruit	30 Hot dog on a bun Baked beans Mandarin oranges	31 Rotini with meat sauce Bread stick Green beans Pineapple tidbits	<b>April 1</b> <b>Early Dismissal</b> Assorted pizza slice Glazed carrots Chilled pears	

MENU SUBJECT TO CHANGE

STUDENT LUNCH—\$1.70

STUDENT BREAKFAST—\$1.25

MILK—\$0.50

CHOICE OF MILK OFFERED DAILY:

1% LOW FAT

1% LOW FAT CHOCOLATE

FAT FREE

LACTAID

SERVED DAILY:

MULTI-GRAIN DINNER ROLLS

FRESH VEGETABLES WITH LOW FAT

DRESSING

FRESH FRUITS

SALAD WITH LOW FAT DRESSING

DAILY ALTERNATES:

SLICED TURKEY SANDWICH

LOW FAT YOGURT

CHEF SALAD

SMUCKER'S PEANUT BUTTER & JELLY

UNCRUSTABLES

DAILY BREAKFAST MENU:

100% ORANGE OR APPLE JUICE

ASSORTED WHOLE GRAIN CEREALS

CHOICE OF MILK

IN ADDITION A CHOICE OF ONE:

GRANOLA BAR/CEREAL BAR

TEDDY GRAHAMS

LOW FAT MUFFIN

NUTRITION TIP OF THE MONTH

MARCH IS NATIONAL NUTRITION MONTH.

FOCUS ON VARIETY BY EATING AN

ASSORTMENT OF FOODS FROM ALL THE FOOD

GROUPS.

**Happy St. Patrick's Day**  
**3-17-10**