


# February 2012

## Western Wayne School District EverGreen and Robert D. Wilson Schools

MON	TUE	WED	THU	FRI
		1 Potato & cheese pierogies Mixed vegetables Mandarin oranges	2 Lightly breaded chicken tenders <b>or</b> buffalo breaded chicken tenders Buttered bowtie pasta Mixed fruit	3 Original Big Daddy Pizza California vegetable blend Apple slices
6 <b><u>Two Hour Delay</u></b> Breaded chicken patty on a wheat bun Hash brown patty Chilled peaches	7 Turkey corn dog nuggets Crinkle cut fries Pear halves	8 Meatball hoagie Green beans Low fat ice cream sandwich	9 Breaded fish shapes Tarter sauce Tater tots Orange quarters	10 Deep dish round pizza Steamed carrots Pineapple tidbits
13 Hamburger or cheeseburger on a bun with lettuce & tomato Oven baked fries Mixed fruit	14 Teriyaki chicken dippers White rice Heart shape soft pretzel <b>Happy Valentine's Day</b>	15 <b><u>Brunch For Lunch</u></b> French toast sticks Syrup Sausage patty Hash brown stick Applesauce cup	16 Chicken nuggets Dipping sauce Mashed potatoes Low fat gravy Mandarin oranges	17 Whole grain wedge pizza Broccoli & cauliflower blend Chilled peaches
20  <b>NO SCHOOL</b>  <b>PRESIDENTS' DAY</b>	21 Tomato soup Saltines Grilled cheese on wheat bread Diced pears	22 Hot ham & cheese on a wheat bun Potato wedges Oatmeal raisin cookie	23 Soft or hard beef taco with "The Fix-ins" Corn Apple slices	24 Stuffed crust pizza Mixed vegetables Pineapple tidbits
27 Cheese steak on a wheat bun Hash brown stick Applesauce cup	28 Sloppy joe on a bun Potatoes That Smile Reduced fat ice cream cup	29 Popcorn Chicken Mashed potatoes Low fat gravy Chilled peaches	<b><u>Please note:</u></b> <b>There is no breakfast service on 2 hour delay schedules.</b>	<b><u>Nutrition Tip Of The Month</u></b> Help your family eat right by filling their plates with fruits and vegetables.

MENU SUBJECT TO CHANGE

STUDENT LUNCH—\$1.75

STUDENT BREAKFAST—\$1.25

MILK—\$0.50

**CHOICE OF MILK OFFERED DAILY:**

1% LOW FAT

1% LOW FAT CHOCOLATE

FAT FREE

LACTAID

**SERVED DAILY:**

WHOLE 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

**\*\*\*\*PLEASE NOTE!\*\*\*\***

**View the WW Adult & Community Education Spring 2012 Brochure at [westernwayne.org](http://westernwayne.org) and click on the Community Education link.**

**Have fun, sign up for a class!**