

March 2010

Western Wayne School District High School

MON	TUE	WED	THU	FRI
<p>1 Early Dismissal LGI Chicken parm hoagie Vegetable lasagna Green beans Chilled pear halves GYM Pepperoni hot pocket Oven baked fries Chilled pear halves</p>	<p>2 LGI Chicken with wing sauce on a bun Cheese tortellini w/meatballs Steamed cauliflower Mandarin oranges GYM Hot dog or chili dog on a bun Baked beans Mandarin oranges</p>	<p>3 LGI Sloppy joe on a bun Potato and cheese pierogies Mixed vegetables Mixed fruit GYM Hot-n-spicy chicken patty on a bun Oven baked fries Mixed fruit</p>	<p>4 LGI Lightly breaded chicken tenders Dipping sauce Bean burrito White rice Pineapple tidbits GYM BBQ pork hoagie Sweet potato fries Pineapple tidbits</p>	<p>5 LGI Deep dish round pizza Baked manicotti Carrot coins Apple slices GYM Veal parm on a bun Oven brown potatoes Apple slices</p>
<p>8 LGI Buffalo chicken hoagie with celery & blue cheese Beef -a-roni California veggie blend Chilled peaches GYM Tomato soup Saltine crackers Grilled cheese on wheat bread Chilled peaches</p>	<p>9 LGI Meatball hoagie Baked ziti Grilled corn Applesauce GYM Egg, ham and cheese wrap Hash brown stick Applesauce</p>	<p>10 LGI Cheese quesadilla pizza Stuffed shells Italian mixed vegetables Oatmeal raisin cookie GYM Hot ham and cheese on a wheat bun Potato wedges Oatmeal raisin cookie</p>	<p>11 LGI Hot turkey with low fat gravy over a biscuit Meat lasagna Mashed potatoes Orange quarters GYM Grilled chicken on a roll with lettuce & tomato Oven baked fries Orange quarters</p>	<p>12 LGI Big Daddy Pizza Vegetable lasagna Steamed cauliflower Pear halves GYM Fish fillet on a bun with tarter sauce Hash brown patty Pear halves</p>
<p>15 LGI Brunch For Lunch French toast sticks/syrup Sausage patty Hash brown stick Mixed fruit GYM Southwest chicken Panini Hash brown stick Mixed fruit</p>	<p>16 LGI Homemade white pizza with assorted toppings Macaroni and cheese Steamed broccoli Mandarin oranges GYM Sausage & pepper hoagie Oven brown potatoes Mandarin oranges</p>	<p>17 LGI Teriyaki chicken dippers Rotini w/meat sauce White rice Shamrock frozen juice cup GYM Cheese steak hoagie Onion rings Shamrock frozen juice cup Happy St. Patrick's Day!</p>	<p>18 LGI Soft beef taco w/shredded lettuce, tomato, cheese and salsa Baked manicotti Corn Applesauce GYM Turkey corn dog nuggets Crinkle cut fries Applesauce</p>	<p>19 LGI French bread pizza Stuffed shells California vegetable blend Pineapple tidbits GYM Fiery chicken fingers on a bun Potato rounds Pineapple tidbits</p>



Menu Subject To Change
Student Lunch—\$2.25
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/Canned Fruits
Salad With Low Fat Dressing

Daily Alternatives:

Gym Side: Cheeseburger/bun
or Chicken Patty On A Bun
LGI Side: Pasta of the Day
Wildcat Express: Chef Salad,
Yogurt, Wildcat Hoagie, Turkey
sandwich, Peanut butter & jelly
sandwich

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
Nutria-Grain Twist
Low Fat Muffins

NUTRITION TIP OF THE MONTH
March is National Nutrition Month.

Focus on variety by eating an assortment of foods from all the food groups.

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22	<p>LGI Chicken and cheese quesadilla with salsa and lite sour cream Beef-a-roni Mixed vegetables Sliced peaches GYM Low fat mozzarella sticks with sauce Oven baked fries Sliced peaches</p>	<p>LGI Teriyaki chicken with oriental vegetables over rice Stromboli with sauce Pear halves GYM Tomato soup/saltines Grilled cheese sandwich on wheat Pear halves</p>	<p>LGI Swedish meatballs over egg noodles Potato & cheese pierogies Carrots Applesauce GYM Grilled chicken on a roll with lettuce and tomato Pasta salad Applesauce</p>	<p>LGI Chicken nuggets Dipping sauce Vegetable lasagna Mashed potatoes Low fat gravy Low fat pudding pop GYM Pork riblet on a bun Tator tots Low fat pudding pop</p>	<p>LGI Deep dish round pizza Cheese ravioli Bread stick Green beans Apple slices GYM Fiery chicken fingers on a bun Potato wedges Apple slices</p>
29	<p>LGI BBQ pork on a seeded roll Rotini w/meatballs Seasoned peas Mixed fruit GYM Cheese steak hoagie Onion rings Mixed fruit</p>	<p>LGI Popcorn chicken Dipping sauce Stromboli with sauce Baked sweet potatoes Mandarin oranges GYM Pepperoni hot pocket Oven baked fries Mandarin oranges</p>	<p>LGI Beef taco boat w/lettuce, tomato, cheese & salsa Mini pierogies with wing sauce Corn Pineapple tidbits GYM Hot-n-spicy chicken patty on a bun Potatoes That Smile Pineapple tidbits</p>	<p>April 1 Early Dismissal LGI Assorted pizza slice Baked manicotti Glazed carrots Chilled pears GYM Cheeseburger or chicken patty on a bun Oven baked fries Chilled pears</p>	<p><u>Nutrition Tip Of The Month</u> March is National Nutrition Month. Focus on variety by eating an assortment of foods from all the food groups.</p>

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