

# February 2012

## Western Wayne School District High School

MENU SUBJECT TO CHANGE

Student Lunch—\$2.30

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/Canned Fruits

Salad With Low Fat Dressing

Daily Alternatives:

Gym Side: Cheeseburger/bun

or Chicken Patty On A Bun

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

Graham Cookies

Low Fat Muffins

\*\*\*\*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!

MON	TUE	WED	THU	FRI
<p><i><u>Nutrition Tip Of The Month</u></i></p> <p><i>Help your family eat right by filling their plates with fruits and vegetables.</i></p>	<p><u>Please note:</u></p> <p><b>There is no breakfast service on two hour delay schedules.</b></p>	<p>1 <b>LGI</b> Chile con carne over brown rice Potato &amp; cheese pierogies Mixed vegetables Mandarin oranges <b>GYM</b> Bacon cheeseburger Potato rounds Mandarin oranges</p>	<p>2 <b>LGI</b> Teriyaki chicken with oriental veggies over rice Chicken egg roll with duck sauce Steamed broccoli Mixed fruit <b>GYM</b> Hot dog on a wheat bun Baked beans Mixed fruit</p>	<p>3 <b>LGI</b> Original Big Daddy Pizza Cheese ravioli Bread stick California vegetable blend Apple slices <b>GYM</b> Veal parm on a bun Oven brown potatoes Apple slices</p>
<p>6 <b>Two Hour Delay</b> <b>LGI</b> "Chicken-n-Dumplings" Chicken w/low fat gravy over mini pierogies Peas &amp; carrots Chilled peaches <b>GYM</b> Cheeseburger or chicken patty on a bun Oven baked fries Chilled peaches</p>	<p>7 <b>LGI</b> Sloppy joe on a bun Baked ziti Green beans Pear halves <b>GYM</b> Turkey corn dog nuggets Crinkle cut fries Pear halves</p>	<p>8 <b>LGI</b> Meatball hoagie Cheese quesadilla pizza Corn Low fat ice cream sandwich <b>GYM</b> Hot-n-spicy chicken patty on a bun Spiral fries Low fat ice cream sandwich</p>	<p>9 <b>LGI</b> Soft or hard beef taco with "the fixins" Bosco pepperoni and cheese stick with marinara sauce White rice Orange quarters <b>GYM</b> Cheese steak wrap Potatoes That Smile Orange quarters</p>	<p>10 <b>LGI</b> Deep dish round pizza Stuffed shells Steamed carrots Pineapple tidbits <b>GYM</b> Fish fillet on a bun Tarter sauce Hash brown patty Pineapple tidbits</p>
<p>13 <b>LGI</b> Buffalo chicken hoagie with celery and blue cheese Beef-a-roni California vegetable blend Mixed fruit <b>GYM</b> Tomato soup with goldfish crackers Grilled cheese on wheat bread Mixed fruit</p>	<p>14 <b>LGI</b> Teriyaki chicken dippers Fiestada pizza slice Vegetable fried rice Sugar cookie <b>GYM</b> Grilled chicken on a seeded bun w/lettuce and tomato Potato pancakes Sugar cookie</p>	<p>15 <b>LGI</b> <b>Brunch For Lunch</b> French toast sticks Syrup Sausage patty Hash brown stick Applesauce cup <b>GYM</b> Breaded buffalo chicken tenders Hash brown stick Applesauce cup</p>	<p>16 <b>LGI</b> Chicken nuggets Dipping sauce Vegetable lasagna Mashed potatoes w/low fat gravy Mandarin oranges <b>GYM</b> BBQ pork riblet on a bun Tater tots Mandarin oranges</p>	<p>17 <b>LGI</b> Whole grain wedge pizza Baked manicotti Broccoli and cauliflower blend Chilled peaches <b>GYM</b> Sausage &amp; pepper hoagie Oven brown potatoes Chilled peaches</p>

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MON	TUE	WED	THU	FRI
<p>20</p> <p style="color: purple; text-align: center;"><b>SCHOOL CLOSED</b></p> <p style="color: purple; text-align: center;"><b>PRESIDENT' DAY</b></p>	<p>21</p> <p style="text-align: center;"><b>LGI</b></p> <p>Swedish meatballs over egg noodles Whole grain turkey pepperoni calzone Glazed carrots Diced pears</p> <p style="text-align: center;"><b>GYM</b></p> <p>Tomato soup/saltines Grilled cheese on wheat bread Diced pears</p>	<p>22</p> <p style="text-align: center;"><b>LGI</b></p> <p>Lightly breaded chicken tenders Dipping sauce Bowtie pasta Meat lasagna Oatmeal raisin cookie</p> <p style="text-align: center;"><b>GYM</b></p> <p>Hot ham &amp; cheese on a wheat bun Pasta salad Oatmeal raisin cookie</p>	<p>23</p> <p style="text-align: center;"><b>LGI</b></p> <p>Soft or hard beef taco with "the fixins" Baked ziti Corn Apple slices</p> <p style="text-align: center;"><b>GYM</b></p> <p>Chicken parm hoagie Potato wedges Apple slices</p>	<p>24</p> <p style="text-align: center;"><b>LGI</b></p> <p>Stuffed crust pizza Potato &amp; cheese pierogies Mixed vegetables Pineapple tidbits</p> <p style="text-align: center;"><b>GYM</b></p> <p>Veal parm on a bun Potatoes That Smile Pineapple tidbits</p>
<p>27</p> <p style="text-align: center;"><b>LGI</b></p> <p>Big Daddy Buffalo Chicken Pizza Stuffed shells Seasoned peas Applesauce cup</p> <p style="text-align: center;"><b>GYM</b></p> <p>Cheese steak hoagie Onion rings Applesauce cup</p>	<p>28</p> <p style="text-align: center;"><b>LGI</b></p> <p>Homemade white pizza with toppings Macaroni &amp; cheese Steamed broccoli Baked apple crisp</p> <p style="text-align: center;"><b>GYM</b></p> <p>Hot dog on a wheat bun Baked beans Baked apple crisp</p>	<p>29</p> <p style="text-align: center;"><b>LGI</b></p> <p style="text-align: center;"><b><u>"McWildcat Bowl"</u></b></p> <p>Popcorn chicken topped w/mashed potatoes, corn, cheese and low fat gravy Stromboli w/sauce Corn Chilled peaches</p> <p style="text-align: center;"><b>GYM</b></p> <p>Hot-n-spicy chicken patty on a bun Hash brown patty Chilled peaches</p>	<p style="color: purple; text-align: center;"><b><u>Nutrition Tip Of The Month</u></b></p> <p style="color: purple; text-align: center;"><b>Help your family eat right by filling their plates with fruits and vegetables.</b></p>	

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