


Western Wayne School District

March/April 2010

Middle School

MON	TUE	WED	THU	FRI
1 Early Dismissal Turkey corn dog nuggets or hot-n-spicy chicken patty on a bun Oven baked fries Chilled pear halves	2 Potato and cheese pierogies or grilled chicken on a sesame seed roll with lettuce and tomato Mixed vegetables Mandarin oranges	3 Sloppy joe on a bun or egg, ham & cheese wrap Tator tots Mixed fruit	4 Lightly breaded chicken tenders Dipping sauce or Bean burrito White rice Pineapple tidbits	5 Deep dish round pizza or baked manicotti Carrot coins Apple slices
8 Hamburger or cheese-burger on a bun or Buffalo chicken hoagie with celery & blue cheese Crinkle cut fries Chilled peaches	9 Meatball hoagie or Southwest chicken Panini Green beans Applesauce	10 Hot ham & cheese on a wheat bun or Stromboli with sauce Potato wedges Oatmeal raisin cookie	11 Breaded fish shapes or BBQ beef nuggets on a bun Hash brown patty Orange quarters	12 Big Daddy Pizza or baked ziti Steamed cauliflower Pear halves
15 Breaded chicken patty on a bun or cheese steak hoagie Oven baked fries Mixed fruit	16 Macaroni and cheese or homemade white pizza with assorted toppings Steamed broccoli Mandarin oranges	17 Go For The Green Chicken dippers with teriyaki sauce or chicken and cheese quesadilla w/salsa and low fat sour cream White rice Shamrock frozen juice cup	18 Soft beef taco with shredded lettuce, tomato, cheese & salsa or chicken parm hoagie Corn Applesauce	19 French bread pizza or stuffed shells California vegetable blend Pineapple tidbits
22 Pepperoni hot pockets or pizza burger on a wheat bun Oven baked fries Sliced peaches	23 Tomato soup Saltine crackers Grilled cheese on wheat or veal parm on a bun Pear halves	24 Brunch For Lunch French toast sticks Syrup Sausage patty Hash brown stick Applesauce	25 Chicken nuggets Dipping sauce or pork riblet on a bun Mashed potatoes Low fat gravy Low fat pudding pop	26 Deep dish round pizza or cheese ravioli Seasoned peas Apple slices
29 Cheese steak hoagie or fiery chicken fingers on a bun Potatoes That Smile Mixed fruit	30 Hot dog on a bun or Cheeseburger on a bun Baked beans Mandarin oranges	31 Rotini with meat sauce and a bread stick or hot ham and cheese on a wheat croissant Green beans Pineapple tidbits	April 1 Early Dismissal Assorted pizza slice or baked manicotti Glazed carrots Chilled pears	

MENU SUBJECT TO CHANGE

STUDENT LUNCH—\$2.00

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

MINI SALAD BAR

DAILY ALTERNATES:

CHICKEN PATTY ON A ROLL

LOW FAT YOGURT

CHEF SALAD

HOAGIE EXPRESS

PEANUT BUTTER & JELLY SAND.

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

NUTRI-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.

Happy St. Patrick's Day