


Western Wayne School District

February 2012

Middle School

MON	TUE	WED	THU	FRI
<p><i>Please Note:</i> There is no breakfast service on a 2 hour delay schedule.</p>	<p><i>Valentine's Day February 14, 2012</i></p>	<p>1 Potato & cheese pierogies or chili con carne over brown rice Mixed vegetables Mandarin oranges</p>	<p>2 Lightly breaded chicken tenders Dipping sauce or Fish shapes Tarter sauce Buttered bowtie pasta Mixed fruit</p>	<p>3 Original Big Daddy Pizza or cheese ravioli Bread stick California vegetable blend Apple slices</p>
<p>6 Two Hour Delay Hot-n-spicy chicken patty on a bun Hash brown patty Chilled peaches</p>	<p>7 Turkey corn dog nuggets or sloppy joe on a bun Crinkle cut fries Pear halves</p>	<p>8 Meatball hoagie or Cheese quesadilla pizza Green beans Low fat ice cream sandwich</p>	<p>9 Cheese steak wrap or veal parm on a bun Potato pancakes Orange quarters</p>	<p>10 Deep dish round pizza or fish fillet on a bun/tarter sauce Steamed carrots Pineapple tidbits</p>
<p>13 Hamburger or cheeseburger on a bun or buffalo chicken hoagie w/celery and blue cheese Oven baked fries Mixed fruit</p>	<p>14 Teriyaki chicken dippers or Beef taco stick White rice Sugar cookie</p>	<p>15 Brunch For Lunch French toast sticks Syrup Sausage patty Hash brown stick Applesauce cup</p>	<p>16 Chicken nuggets Dipping sauce or BBQ pork riblet Mashed potatoes Low fat gravy Mandarin oranges</p>	<p>17 Whole grain wedge pizza or turkey pepperoni calzone Broccoli & cauliflower blend Chilled peaches</p>
<p>20 NO SCHOOL PRESIDENTS' DAY</p>	<p>21 Tomato soup Saltines Grilled cheese on wheat bread or Fiestada pizza Diced pears</p>	<p>22 Hot ham & cheese on a wheat bun or grilled chicken patty on a seeded bun w/lettuce & tomato Pasta salad Oatmeal raisin cookie</p>	<p>23 Soft or hard beef taco with "the fixins" or chicken parm hoagie Corn Apple slices</p>	<p>24 Stuffed crust pizza or macaroni & cheese Mixed vegetables Pineapple tidbits</p>
<p>27 Cheese steak hoagie or buffalo breaded chicken tenders Hash brown stick Applesauce cup</p>	<p>28 Southwest veggie quesadilla or penne pasta w/meatballs Green beans Reduced fat ice cream cup</p>	<p>29 McWildcat Bowl Popcorn chicken topped with mashed potatoes, corn and cheese with low fat gravy or whole grain turkey pepperoni calzone Chilled peaches</p>		<p style="text-align: center;"><u>Nutrition Tip Of The Month</u> Help your family eat right by filling their plates with fruits and vegetables.</p>

MENU SUBJECT TO CHANGE

STUDENT LUNCH—\$2.05

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

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

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

View the WW Adult & Community Education Spring 2012 Brochure at westernwayne.org and click on the Community Education link.

Have fun, sign up for a class!