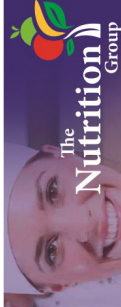


Wayne Highlands Middle School

April/May Lunch Menu



Food Service Director: Ryne Spaulding Phone: 570-253-6083
Email: rspaulding@whsdc12.com

Options					Monday	Tuesday	Wednesday	Thursday	Friday	The Deli
Monday- Grilled Cheese Sandwich Tuesday- Popcorn Chicken Wednesday- Toasted Italian Sandwich Thursday Meatball Hoagie Friday Hot Wing Hoagie					24 Mini Corn Dog Nuggets Seasoned Green Beans Diced Peach Low Fat Milk	25 Pulled Pork Sandwich BBQ Baked Beans Pears Low Fat Milk	26 Ham Dinner Biscuit Scallop Potatoes Mandarin Oranges Low Fat Milk	27 Macaroni and Cheese Slice of Bread Stewed Tomato Raisins Low Fat Milk	28 Pizza Sticks Dipping Sauce Steamed Broccoli Cinnamon Apple Sauce Low Fat Milk	Spicy Italian Hoagie Buffalo Chicken Oven Roasted Turkey and Cheese Ham & Cheese Tuna Salad
The Garden Grilled Chicken Sandwich Roast Turkey & Cheese Salad Chicken Caesar Salad Garden Salad with Cheese Chef Salad Breaded Chicken Salad					May 1 Chili Hot Dog Sweet Potato Fries Juicy Pears Low Fat Milk	2 Breaded Pork Patty Buttered Noodles Season Green Beans Mixed Fruit Low Fat Milk	3 Chicken Stir Fry Rice Stir Fry Vegetables Pineapple Tidbits Low Fat Milk	4 Buffalo Chicken Alfredo Slice of Bread Steamed Carrots Mandarin Oranges Low Fat Milk	5 BBQ Rib on a Sub Roll French Fries Sliced Apples Low Fat Milk	
The Pizzeria Cheese Pizza Everyday!					8 Breaded Chicken Parmesan Pasta Steamed Broccoli Mandarin Oranges Low Fat Milk	9 Giant Sausage, Egg and Cheese on a Bagel Hash Browns Sliced Apples and Raisin Low Fat Milk	10 Hamburger Steak Onion Rings & Gravy Slice of Bread Mashed Potatoes Pear Crisp Low Fat Milk	11 Pizza Pasta Bake Slice of Bread Steamed Carrots Mixed Fruit Low Fat Milk	12 Buffalo Chicken Panini Sweet Potato Fries Juicy Pears Low Fat Milk	
Grab & Go Chicken Patty on a Bun Thick and Tasty Cheese Burger Available EVERY DAY!					15 Buffalo Chicken Dipper Tortilla Chips Slice Of Bread Golden Corn Tropical Fruit Low Fat Milk	16 Roast Pork and Gravy Biscuit Mashed Potatoes Juicy Peaches Low Fat Milk	17 <u>Brunch For Lunch</u> French Toast Scrambled Eggs Sausage Patty Tater Tots Warm Sliced apples Low Fat Milk	18 Buffalo Chicken Mac and Cheese Slice of Bread Sliced Carrots Mandarin Oranges Low Fat Milk	19 BBQ Pulled Pork Sandwich BBQ Baked Beans Pineapple Tidbits Low Fat Milk	
Options Build a lunch Option					22 Chicken Quesadilla Spanish Rice Baked Beans Sliced Peaches Low Fat Milk	23 Pierogies Slice of Bread Steamed Broccoli Apple Sauce Low Fat Milk	24 Cheese Steak Stromboli French Fries Diced Pears Low Fat Milk	25 Baked Ziti Slice of Bread Carrot Coins Tropical Fruit Low Fat Milk	26 Pizza Sticks Dipping Sauce Steamed Peas Corn Pineapple Tidbits Low Fat Milk	
					Cheese Steak Bar Beef or Chicken Cheese Steak, Buffalo, Marinara and Cheese Sauces, American Cheese, Sautéed Peppers, Onion & Mushrooms	Nacho Bar Taco Season Beef or Chicken, Nacho Chips, Fiesta Rice, Cheese Sauce, Seasoned Corn, Refried Beans	Pasta Bar Pasta, Marinara, Alfredo Sauce, Season Diced Chicken, Meat sauce, Steamed Vegetables, Garlic Bread	Popcorn Chicken Bar Breaded Popcorn Chicken Cheese Corn and Mashed Potatoes Gravy Dinner Roll	Baked Potato Bar Beef Chili or Cheese Sauce, Broccoli, sour cream, Slice Breads	Lunch Prices: Paid \$2.85 Reduced \$.40 The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE MENUS SUBJECT TO CHANGE



*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar includes:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

*Fruits include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce



Milk Choices Offered Daily:
1% white, non-fat white, non-fat flavored



Lunch Prices: Paid \$2.85 Reduced \$.40

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MENUS SUBJECT TO CHANGE