

WAYMAN
ACADEMY



Menus are
subject
to change.

WORLD'S GREATEST APRIL FOOL'S TRICKS!

On April 1, 2014, the Facebook page for National Public Radio linked to a story with the headline, "Why Doesn't America Read Anymore?" Thousands of people posted comments, taking all sorts of positions on the problem. But it was an April Fool's prank -- there was no such actual story at the link. Which kind of showed that Americans don't read anymore!

See the back page for more all-time great pranks!

Friday, April 1

Breakfast

Flapsticks, Juice,
Milk

Lunch

Turkey Wraps,
Pears, Potato
Salad, Cucumber
Slices, Milk

SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, April 4

Breakfast

Yogurt, Bagel, Egg
Patty, Milk, Juice

Lunch

Hot Dogs, Mixed
Fruit, Cole Slaw,
Baked Beans, Milk

Tuesday, April 5

Breakfast

French Toast
Sticks, Sausage
Patty, Juice, Milk

Lunch

Chicken Fajita
Salad, Orange
Slices, Green Salad
w/carrot sticks,
Milk

Wednesday, April 6

Breakfast

Flapsticks,
Applesauce, Milk

Lunch

Hamburger w/
Lettuce & Tom.,
Oven baked Fries,
Fresh apples, Milk

Thursday, April 7

Breakfast

Cereal, Raisin
Toast, Juice, Milk

Lunch

Cheese Pizza, Jello,
Corn on Cob,
Broccoli, Milk

Friday, April 8

**NO SCHOOL
PLANNING DAY**

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PLANNING DAY**

NUTRITION TO GO

For nutrition and flavor, it's a good idea to always eat the skin of a fresh apple. Many of an apple's fantastic nutrients -- like vitamin C and beta carotene -- are concentrated in or just below the skin, as is most of the fiber. The fragrance cells, which increase our sense of an apple's flavor, are also in the skin.



Monday, April 11

Breakfast

Breakfast Burrito,
Juice, Milk

Lunch

Chicken Nuggets,
Peaches, Green
Beans, Milk

Tuesday, April 12

Breakfast

Yogurt, Muffins,
Juice, Milk

Lunch

Tuna Salad, Let. &
Tom., Dinner Roll,
Grapes, Milk

Wednesday, April 13

Breakfast

Donuts, Juice, Milk

Lunch

PBJ Sandwich,
Apples, Celery
Sticks, Sun Chips,
Milk

**EARLY
DISMISSAL**

Thursday, April 14

Breakfast

Waffles, Sausage
Patty, Blueberries,
Milk

Lunch

Cheeseburger,
Mixed Fruit, Tater
Tots, Milk

Friday, April 15

Breakfast

Pop Tarts, Juice,
Milk

Lunch

Hoagie Sandwich,
Orange Slices,
Potato Salad,
Cucumber Slices,
Milk