



**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

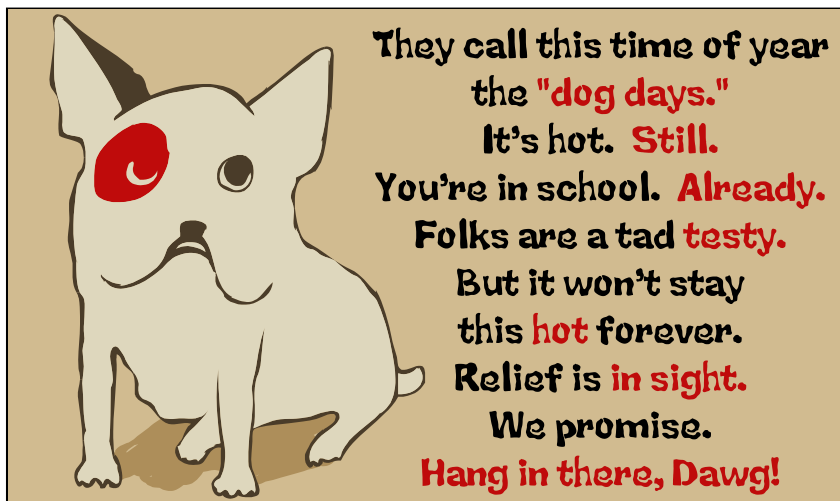
*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

**FREE BREAKFAST &  
LUNCH FOR ALL  
WAYMAN ACADEMY  
STUDENTS**

## Menus for August 2015

**WAYMAN ACADEMY OF THE ARTS**

USDA is an equal opportunity provider and employer.



**WELCOME BACK!**

From the  
FOOD SERVICES STAFF  
**Ms. LaTarsha Williams**  
**Mrs. Hazel Metts**  
**Mrs. Corlis Woods**

**Monday, August 24**

### **Breakfast**

Bagel, Egg Patty,  
Yogurt, Juice, Milk

### **Lunch**

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

**Tuesday, August 25**

### **Breakfast**

French Toast  
Sticks, Sausage  
Patties,  
Strawberries, Milk

### **Lunch**

Chicken Fajita  
Salad, Dinner Roll,  
Orange Slices,  
Green Salad with

**Wednesday, August**

### **Breakfast**

Breakfast Pizza,  
Juice, Milk

### **Lunch**

Hamburger, Let. &  
Tom., Apple Slices,  
Oven baked Fries,  
Milk

**Thursday, August 27**

### **Breakfast**

Flapsticks, Orange  
Slices, Milk

### **Lunch**

Chicken Teriyaki,  
Roll, Yams,  
Broccoli, Yellow  
Rice, Milk

**Friday, August 28**

### **Breakfast**

Breakfast Burrito,  
Juice, Milk

### **Lunch**

Cheese Pizza,  
Corn, Strawberries,  
Milk

**Monday, August 31**

### **Breakfast**

Cereal, Raisin  
Toast, Juice, Milk

### **Lunch**

Grilled Cheese  
Sandwiches,  
Apple, Mixed  
Veggies, Milk