

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

WAYMAN ACADEMY OF THE ARTS

USDA is an equal opportunity provider and employer.



How often does your family eat seafood?

For a healthy diet, you should shoot for twice a week. And we're not just talking fish fillets -- try fish (and shellfish) on salads, in tacos, in a sandwich, on a wrap, in a stir-fry, on pasta. Grill your seafood, sauté it, broil it, bake it, blacken it, pan-sear it.

The possibilities are as wide as the ocean!





They call this time of year
the "dog days."
It's hot. Still.
You're in school. Already.
Folks are a tad testy.
But it won't stay
this hot forever.
Relief is in sight.
We promise.
Hang in there, Dawg!

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 Burritto, 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