

**MENUS FOR FEBRUARY 2016**

**WAYMAN ACADEMY**

This institution is an equal opportunity provider. Menus are subject to change.

**WEATHERMAN**

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

**ANIMAL APPETITES**

**POWER OF LOVE.**

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.

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

**WELLNESS IS A WAY OF LIFE!**

**NUTRITION TO GO**

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

**A TASTY MORSEL FOR PARENTS**

**Monday, February 1**

**Breakfast**  
Flapsticks, Egg Patty, Juice, Milk

**Lunch**  
Hamburger, Green Beans, Peaches, Milk

**Tuesday, February 2**

**Breakfast**  
Sausage Patty, Waffles, Blueberries, Milk

**Lunch**  
Turkey Wraps, Lettuce & Tomatoes, Apples, Sun Chips, Milk

**Wednesday, February 3**

**Breakfast**  
Muffins, Juice, Milk

**Lunch**  
Chili w/Beans, Dinner Roll, Pears, Baked Potato, Tossed Salad, Milk

**Thursday, February 4**

**Breakfast**  
Egg & Cheese Omelette, Biscuit, Hashbrowns, Orange Slice, Milk

**Lunch**  
Hot Dogs, Orange Slices, Cole Slaw, Baked Beans, Milk

**Friday, February 5**

**Breakfast**  
Donuts, Juice, Milk

**Lunch**  
Hoagie Sandwich, Strawberries, Potato Salad, Pickle Spear, Carrot Sticks, Milk

**YEAR OF THE MONKEY 2016**

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The Chinese New Year begins with the new moon on February 8. 2016 is the year of the Monkey.

**Monday, February 8**

**Breakfast**  
Breakfast Pizza, Applesauce, Milk

**Lunch**  
Chicken Nuggets, Dinner Roll, Peaches, Green Beans, Yellow Rice, Milk

**Tuesday, February 9**

**Breakfast**  
Assorted Muffins, Orange Juice, Milk

**Lunch**  
Cheese Pizza, Orange Slices, Corn, Tossed Salad, Milk

**Wednesday, February 10**

**Breakfast**  
Donuts, Juice

**Lunch**  
PBJ Sandwiches, Apples, Carrot Sticks, Sun Chips, Milk

**EARLY DISMISSAL**

**Thursday, February 11**

**Breakfast**  
Yogurt, Bagels, Egg Patty, Juice, Milk

**Lunch**  
Hot Dogs, Honeydew Melon, Baked Beans, Potato Wedges, Milk

**Friday, February 12**

**Breakfast**  
French Toast Sticks, Sausage Patty, Juice, Milk

**Lunch**  
Chicken Wraps, Lettuce, Carrot Sticks, Apples, Milk