


**MENUS FOR  
FEBRUARY  
2016**

**WAYMAN  
ACADEMY**

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



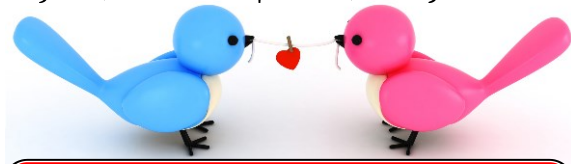
**WEATHERMAN**

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!

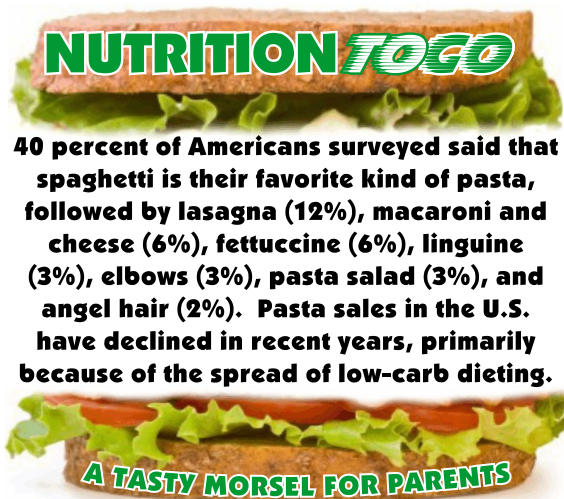
**ANIMAL APPETITES**

**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!**



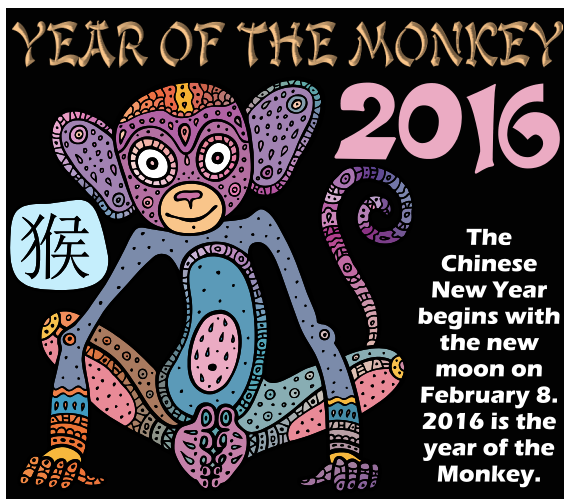
**NUTRITION 100%**

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	Tuesday, February 2	Wednesday, February 3	Thursday, February 4	Friday, February 5
<b><u>Breakfast</u></b> Flapsticks, Egg Patty, Juice, Milk	<b><u>Breakfast</u></b> Sausage Patty, Waffles, Blueberries, Milk	<b><u>Breakfast</u></b> Muffins, Juice, Milk	<b><u>Breakfast</u></b> Egg & Cheese Omelette, Biscuit, Hashbrowns, Orange Slice, Milk	<b><u>Breakfast</u></b> Donuts, Juice, Milk
<b><u>Lunch</u></b> Hamburger, Green Beans, Peaches, Milk	<b><u>Lunch</u></b> Turkey Wraps, Lettuce & Tomatoes, Apples, Sun Chips, Milk	<b><u>Lunch</u></b> Chili w/Beans, Dinner Roll, Pears, Baked Potato, Tossed Salad, Milk	<b><u>Lunch</u></b> Hot Dogs, Orange Slices, Cole Slaw, Baked Beans, Milk	<b><u>Lunch</u></b> Hoagie Sandwich, Strawberries, Potato Salad, Pickle Spear, Carrot Sticks, Milk

**YEAR OF THE MONKEY 2016**



猴

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

Monday, February 8	Tuesday, February 9	Wednesday, February 10	Thursday, February 11	Friday, February 12
<b><u>Breakfast</u></b> Breakfast Pizza, Applesauce, Milk	<b><u>Breakfast</u></b> Assorted Muffins, Orange Juice, Milk	<b><u>Breakfast</u></b> Donuts, Juice	<b><u>Breakfast</u></b> Yogurt, Bagels, Egg Patty, Juice, Milk	<b><u>Breakfast</u></b> French Toast Sticks, Sausage Patty, Juice, Milk
<b><u>Lunch</u></b> Chicken Nuggets, Dinner Roll, Peaches, Green Beans, Yellow Rice, Milk	<b><u>Lunch</u></b> Cheese Pizza, Orange Slices, Corn, Tossed Salad, Milk	<b><u>Lunch</u></b> PBJ Sandwiches, Apples, Carrot Sticks, Sun Chips, Milk	<b><u>Lunch</u></b> Hot Dogs, Honeydew Melon, Baked Beans, Potato Wedges, Milk	<b><u>Lunch</u></b> Chicken Wraps, Lettuce, Carrot Sticks, Apples, Milk

**EARLY  
DISMISSAL**