



## Menus for

WAYMAN ACADEMY

MARCH 2018



Monday, March 5

### Breakfast

Egg Patty, Bagels,  
Mixed Fruit, Milk

### Lunch

Fish Nuggets,  
Wedges, Honey  
Dew, Dinner Roll,  
Milk

Tuesday, March 6

### Breakfast

French Toast,  
Sausage Patty,  
Blueberries, Milk

### Lunch

Chicken Salad,  
Romaine Lettuce,  
Tomatoes, Orange,  
Dinner Rolls, Milk

Wednesday, March 7

### Breakfast

Pancake Pups,  
Juice, Milk

### Lunch

Hot Dogs, Tater  
Tots, Carrot Stixs,  
Diced Pears, Milk

Thursday, March 8

### Breakfast

Toast, Peaches,  
Egg Patty, Sausage  
Link, Milk

### Lunch

Riblets, Baked  
Beans, Cantaloupe,  
Potato Salad, Milk

Friday, March 9

### Breakfast

Muffins, Yogurt,  
Juice, Milk

### Lunch

Ham & Chz Sub,  
Carrots, Chips,  
Grapes, Milk

Friday, March 9

### Breakfast

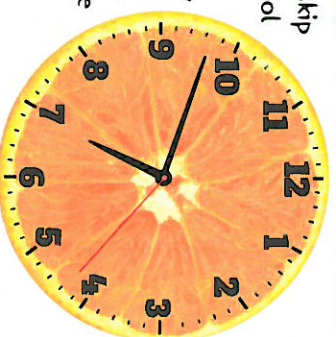
Donuts, Juice,  
Cheese Stix, Milk

### Lunch

Bologna &  
Cheese Sandwich,  
Chips, Apples,  
Broccoli, Milk

## SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

## NUTRITION TOGO



Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing “cookbook.” Stew smells amazing when it’s slow-cooking, and eating a bowl of hot stew warms us up on a raw and blustery late winter or early spring day, too!

**A TASTY MORSEL FOR PARENTS**



**SPRING BREAK!**  
STARTS  
Friday, March 16  
Return to school March 26





<b>Monday, March 12</b> <b>Breakfast</b> Waffles, Egg Patty, Strawberries, Milk <b>Lunch</b> Chicken Nuggets, Green Beans, Mixed Fruit, Dinner Roll, Milk	<b>Tuesday, March 13</b> <b>Breakfast</b> Sausage Patty, Biscuits, Orange Slices, Milk <b>Lunch</b> Hamburgers, Tater Tots, Diced Pears, Milk	<b>Wed., March 14</b> <b>Breakfast</b> Oatmeal, Raisins, Milk <b>Lunch</b> Corn Dogs, Wedges, Oranges, Milk	<b>Thurs., March 15</b> <b>Breakfast</b> Cereal, Bananas, Milk <b>Lunch</b> Tuna, Romaine Lettuce, Tomatoes, Pickle Slices, Milk	<b>Friday, March 16</b> <b>NO SCHOOL</b> Employee Planning Day <b>Spring Break  STARTS  NEXT WEEK!!</b>
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<b>Monday, March 26</b> <b>Breakfast</b> Egg Cheese Omelets, Toast, Diced Pears, Milk <b>Lunch</b> Ham & Cheese Sandwich, Broccoli, Chips, Cantaloupe, Milk	<b>Tuesday, March 27</b> <b>Breakfast</b> Grits, Egg Patty, Sausage Patty, Grapes, Milk <b>Lunch</b> Cold Cut & Cheese Subs, Spinach, Tomatoes, Cucumbers, Milk	<b>Wed., March 28</b> <b>Breakfast</b> Pop Tarts, Juice, Sausage Links, Milk <b>Lunch</b> Chicken Salad, Romaine Lettuce, Tomatoes, Carrots, Milk	<b>Thursday, March 29</b> <b>Breakfast</b> Cereal, Bananas, Toast, Milk <b>Lunch</b> Turkey & Cheese Pita, Chips, Apples, Romaine Lettuce, Tomatoes, Milk	<b>Friday, March 30</b> <b>SCHOOL  CLOSED</b>
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Classes resume:  
**MARCH 26**



**Boost your Burrito!**

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skip on the cheese and load up on the beans!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)