

Menus for APRI

WAYMAN ACADEMY

USDA is an equal opportunity
provider and employer.



Wednesday, April 1

Breakfast

French Toast
Sticks, Juice, Milk

Lunch

Baked Chicken,
Green Beans,
Mashed Potatoes
w/gravy, Dinner
Roll, Milk

Thursday, April 2

NO SCHOOL
NO SCHOOL
Teacher Planning
Day

Good
Friday

No
School
Today



STATE OF MIND.

Physical activity isn't just good for your body.
Regular exercise has been shown to help guard
the mind against depression, too.



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

WELLNESS IS A WAY OF LIFE!

Monday, April 6

Breakfast

Biscuit, Sausage
Patty, Blueberries,
Milk

Lunch

Beef & Bean
Burrito, Yellow
Rice, Peaches, Milk

Tuesday, April 7

Breakfast

Breakfast Danish,
Boiled Egg, Milk,
Juice

Lunch

Cheeseburger,
Let./Tom., Fries,
Pears, Milk

Wednesday, April 8

Breakfast

Egg/Cheese
Omelette, Hash
browns, Raisin
Toast, Applesauce,
Milk

Lunch

PBJ Sandwich,
Apricots, Carrot
Sticks, Sun Chips
EARLY DISMISSAL

Thursday, April 9

Breakfast

Bagel w/cream
cheese, Yogurt,
Milk, Juice

Lunch

Chef Salad w/
turkey, ham,
cucumbers,
tomatoes, Dinner
roll, Applesauce,

Friday, April 10

Breakfast

Muffins, Mixed
Fruit, Milk

Lunch

Beef Tacos,
Orange slices,
Tossed Salad,
Corn, Milk

Monday, April 13

Breakfast

Muffins, Juice, Milk

Lunch

Corn Dog, Baked
Beans, Pears, Milk

Tuesday, April 14

Breakfast

French Toast
Sticks,
Strawberries, Milk

Lunch

Spaghetti w/Meat
sauce, Garlic Toast,
Tossed Salad,
Corn, Peaches,
Milk

Wednesday, April 15

Breakfast

Bagel w/cream
cheese, Yogurt,
Milk, Juice

Lunch

Mixed Salad, Let/
Tom., Turkey,
Dinner Roll, Mixed
Fruit, Carrot Sticks,
Milk

Thursday, April 16

Breakfast

Egg Patty, Toast,
Bananas, Hash
Browns, Milk

Lunch

Chicken Nuggets,
Green Beans, Roll,
Applesauce, Milk

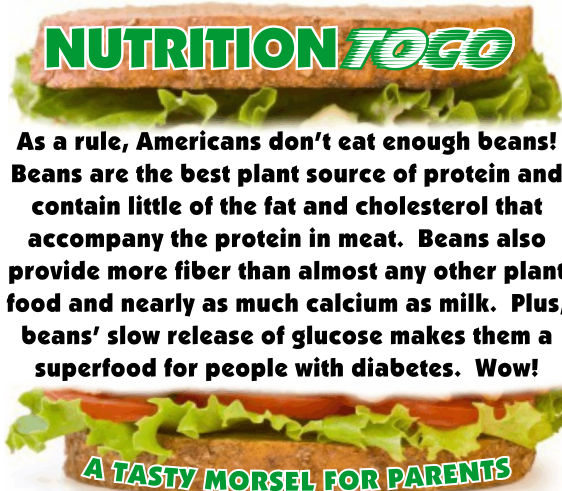
Friday, April 17

Breakfast

Pop Tarts, Milk,
Juice

Lunch

Cheese Pizza,
French Fries,
Tossed Salad,
Strawberries, Milk



As a rule, Americans don't eat enough beans!
Beans are the best plant source of protein and
contain little of the fat and cholesterol that
accompany the protein in meat. Beans also
provide more fiber than almost any other plant
food and nearly as much calcium as milk. Plus,
beans' slow release of glucose makes them a
superfood for people with diabetes. Wow!