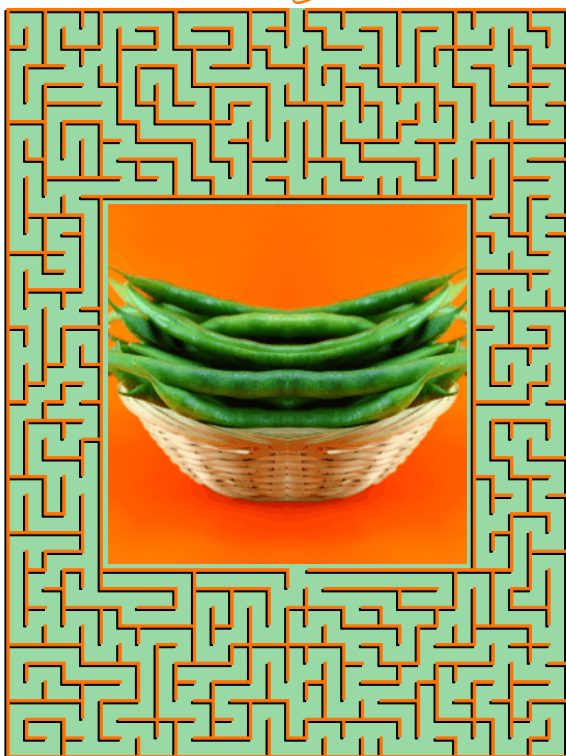


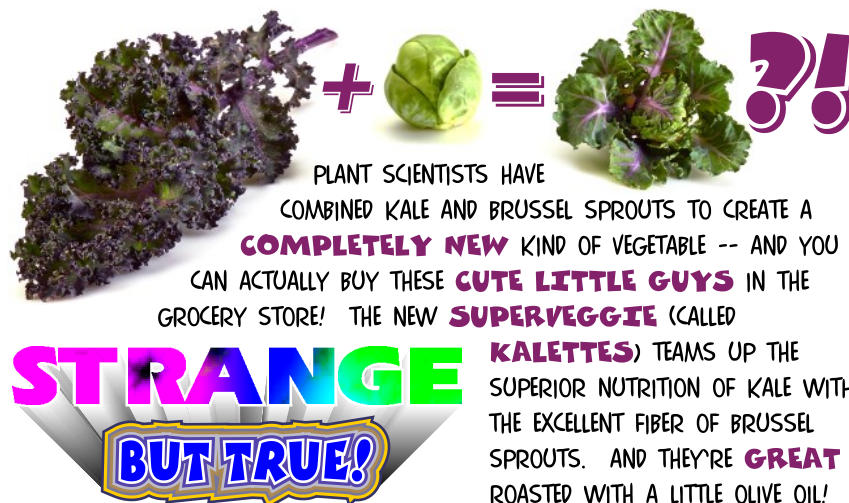
## Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

Start here!



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)



Our best wishes for a safe and happy Holiday season for our students and staff, our families, our community, and our nation.



From LaTarsha Williams, Cafeteria Manager & the School Nutrition Staff at Wayman

Monday, December	Tuesday, December	Wed., December 17	Thursday, December	Friday, December 19
<b>Breakfast</b> Flap sticks, Turkey sausage, Juice, Milk	<b>Breakfast</b> Pop Tarts, Juice, Milk	<b>Breakfast</b> Breakfast Burrito, Diced Pears, Milk	<b>Breakfast</b> Cereal Bars, Juice, Milk	<b>NO SCHOOL CHRISTMAS BREAK STARTS!</b>
<b>Lunch</b> Turkey salad, Let./Tom., Cucumber slices, Dinner roll, Pears, Milk	<b>Lunch</b> Mac & Cheese, Roll, Lima beans, Squash, Honey dew melons, Milk	<b>Lunch</b> Tuna salad, Lettuce, Pickle spear, Sliced apples, Milk	<b>Lunch</b> Ham & Turkey Hoagie, Carrot sticks, Potato chips, Blueberries, Milk	

