

WAYMAN
ACADEMY
WELA



Menus for October 2014


USDA is an equal opportunity provider and employer.



Cook's Choice



MENUS ARE
SUBJECT TO CHANGE



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

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

Wednesday, October

Breakfast

Egg & Cheese
Omelette, Whole
Wheat Toast,
Grapes, Milk

Lunch

Corn Dogs, Fries,
Banana, Milk

Thursday, October 2

Breakfast

French Toast
Sticks,
Strawberries, Milk

Lunch

Fish Sandwich on
Wheat bun, Let./
Tom., Spinach,
Cole Slaw, Grapes,
Milk

Friday, October 3

Breakfast

Cereal, Raisin
Toast, Milk, Juice

Lunch

Grilled Cheese
Sandwich on
Wheat Bread,
Mixed Veggies,
Orange Slices,
Milk



What's orange, sweet, AND good for you?

Monday, October 6

Breakfast

Pop Tarts, Apple
Juice, Milk

Lunch

Chicken nuggets,
Dinner Roll,
Broccoli, Rice,
Applesauce, Milk

Tuesday, October 7

Breakfast

Sausage, Biscuit,
Fruit Cup, Milk

Lunch

Hot Dogs, Mixed
Fruit, Pinto Beans,
Cole Slaw, Milk

Wednesday, October

Breakfast

Muffins, Orange
Juice, Milk

Lunch

PBJ Sandwich,
Oranges, Carrot
sticks, Chips, Milk

**EARLY
DISMISSAL**

Thursday, October 9

Breakfast

French Toast
Sticks,
Strawberries, Milk

Lunch

Beef & Bean
Burrito, Corn on
Cob, Honeydew
melon, Milk

Friday, October 10

Breakfast

Cereal, Raisin
Toast, Milk

Lunch

Turkey Wraps,
Celery sticks w/
PNut butter cups,
Peach Cup, Milk

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html