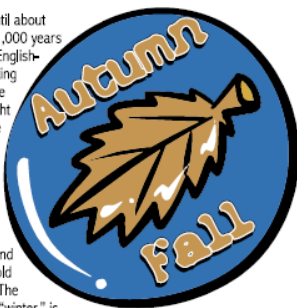




### WAYMAN ACADEMY

USDA is an equal opportunity provider and employer.

Until about 1,000 years ago, English-speaking people thought of the year in two parts — the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century — just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!



## Season's Gr(EAT)ings.

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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

Tuesday, November 1		Wednesday,		Thursday, November		Friday, November 4	
<b>Breakfast</b> English muffin, sausage patties, Juice, Milk		<b>Breakfast</b> Donuts, Juice, Milk		<b>Breakfast</b> Yogurt, Bagels w/ cream cheese, Egg patty, Milk		<b>Breakfast</b> Flapstick, Applesauce, Milk	
<b>Lunch</b> Chef Salad w/ turkey, ham, eggs, carrot sticks, Roll, grapes, Milk		<b>Lunch</b> PBJ Sandwich, Apples, Celery sticks, PNut butter cup, Sun Chips, Milk <b>EARLY DISMISSAL</b>		<b>Lunch</b> Beanie Weenies, Roll, Tater Tots, Honey dew melon, Milk		<b>Lunch</b> Tuna salad, Tossed salad, cucumber slices, Roll, Cantaloupe, Milk	
Monday, November 7		Tuesday, November 8		Wednesday,		Thursday, November	
<b>Breakfast</b> French toast sticks, strawberries, sausage patties, Milk		<b>Breakfast</b> Pop Tarts, Juice, Milk		<b>Breakfast</b> Breakfast Burrito, Orange slices, Milk		<b>Breakfast</b> Muffins, Juice, Milk	
<b>Lunch</b> Hot dog, Mixed fruit, Baked beans, Cole slaw, Milk		<b>Lunch</b> Beef tacos, Lettuce & Tom., Corn, Sliced oranges, Milk		<b>Lunch</b> Pepperoni pizza, Fries, Tossed salad, Honey dew melon, Milk		<b>Lunch</b> Ham Tortilla Wraps, Cucumber salad, Carrot sticks, Grapes, Milk	
						<b>NO SCHOOL</b> <b>Veterans Day</b> THANKS TO THOSE WHO HAVE SERVED	



## Default fruit.

There's not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has "berry" right there in its name, so it's fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar — a measly ¼ cup contains 6 teaspoons of sugar. That's an entire day's worth!



**TIP:** Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

**Monday, November**

### Breakfast

Danish, Juice, Milk

### **Thanksgiving Luncheon TODAY!!**

**Tuesday, November**

### Breakfast

Sausage, Egg, Biscuit, Sliced oranges, Milk

### Lunch

Chicken nuggets, Brown rice, Lima beans, Roll, Cantaloupe, Milk

**Wednesday,**

### Breakfast

Hash browns, Raisin toast, Egg omelette, Juice, Milk

### Lunch

PBJ Sandwich, Apples, Carrot sticks, Sun Chips, Milk

**Thursday, November**

### Breakfast

Yogurt, Muffins, Milk

### Lunch

Hamburger, Mixed veggies, Sliced peaches, Milk

**Friday, November 18**

### Breakfast

Breakfast, Pizza, Milk

### Lunch

Tuna salad, Lettuce & Tom., Carrot sticks, Roll, Sliced oranges, Pickle spear, Milk

**Monday, November**

### Breakfast

Sausage patties, Bagel w/cream cheese, Juice, Milk

### Lunch

Corn dogs, Baked beans, Tater tots, Sliced pears, Milk

**Tuesday, November**

### Breakfast

Chicken, Waffles, Juice, Milk

### Lunch

Chicken nuggets, Green beans, Roll, Jello cup, Milk



## Fall Break No School

**WEDNESDAY 23rd  
THURSDAY 24th  
FRIDAY 25th**

**Classes Resume:  
MONDAY, NOV. 28**

**Monday, November**

### Breakfast

English muffin w/ ham & cheese, Applesauce, Milk

### Lunch

Pepperoni Pizza, Honey dew melon, Tossed salad, Corn, Milk

**Tuesday, November**

### Breakfast

Muffins, Juice, Milk

### Lunch

Grilled Cheese sandwich, Orange slices, Vegetable soup, Milk

**Wednesday,**

### Breakfast

Cereal, Raisin Toast, Juice, Milk

### Lunch

PBJ Sandwich, Apples, Carrot sticks, Sun Chips, Milk

**EARLY DISMISSAL**

