

# Menus for October

**WAYMAN  
ACADEMY  
2016**

*This institution is an  
equal opportunity  
provider and em-*



## ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

## Cook's Choice



**MENU IS SUBJECT TO CHANGE**



"Big Sky Country"  
Admitted to the Union November 8, 1889 as the 41st State  
State Capital: Helena

## NUTRITION TO GO

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.



### Monday, October 3

#### Breakfast

French Toast  
Sticks, Sausage,  
Juice, Milk

#### Lunch

Hot Dogs, Mixed  
Fruit, Baked Beans,  
Potato Wedges,  
Milk

### Tuesday, October 4

#### Breakfast

Bagels w/cream  
chs, Yogurt, Egg  
Patty, Juice, Milk

#### Lunch

Chicken Nuggets,  
Dinner Roll, Sliced  
Peaches, Green  
Beans, Milk

### Wednesday, October 5

#### Breakfast

Donuts, Juice, Milk

#### Lunch

Pepperoni Pizza,  
Jello Cups, Corn,  
Tossed Salad w/  
Lettuce & Tom.,  
Milk

### Thursday, October 6

#### Breakfast

Breakfast Burrito,  
Applesauce, Milk

#### Lunch

Hamburgers w/  
Lettuce & Tom.,  
Potato Salad,  
Orange Slices,  
Milk

### Friday, October 7

#### Breakfast

Cereal, Raisin  
Toast, Juice, Milk

#### Lunch

Turkey & Ham  
Hoagie Sandwich,  
Grapes, Pickle  
Spears, Carrot  
Sticks, Milk

### Monday, October 10

#### Breakfast

Muffins, Juice, Milk

#### Lunch

Fish Nuggets,  
Dinner Roll,  
Chilled Pears, Cole  
Slaw, Tater Tots,  
Milk

### Tuesday, October 11

#### Breakfast

Applesauce,  
Flapsticks, Milk

#### Lunch

Grilled Cheese  
Sandwich, Chicken  
Noodle Soup,  
Celery Sticks, Jello  
Cup, Milk

### Wednesday, October 12

#### Breakfast

Assorted Danish,  
Juice, Milk

#### Lunch

PB & Jelly  
Sandwich, Apples,  
Carrot Sticks, Sun  
Chips, Milk

**EARLY**

### Thursday, October 13

#### Breakfast

Biscuit w/Sausage,  
Egg Patty,  
Peaches, Milk

#### Lunch

Chicken Sandwich,  
Peas & Carrots,  
Honey Dew  
Melon, Milk

### Friday, October 14

#### Breakfast

Pop Tarts, Juice,  
Milk

#### Lunch

Tuna Salad on  
Green Salad w/  
cucumbers &  
tomatoes, Dinner  
Roll, Milk



What's on  
**YOUR**  
plate?

## Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day \_\_\_\_\_
2. Multiply your average servings by 2 \_\_\_\_\_
3. Add 5 to the number on line 2 \_\_\_\_\_
4. Multiply line 3 by 50 \_\_\_\_\_
5. Write 1765 if you've had your birthday this year or 1764 if you haven't \_\_\_\_\_
6. Add lines 4 and 5 together \_\_\_\_\_
7. Write the year you were born \_\_\_\_\_
8. Subtract line 7 from line 6 \_\_\_\_\_

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

**It works like MAGIC!**



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

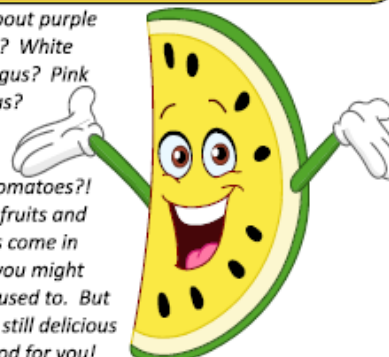
WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

**STRANGE BUT TRUE!**



## Yellow Watermelon?!

How about purple carrots? White Asparagus? Pink bananas? Blue corn? Black tomatoes?! Lots of fruits and veggies come in colors you might not be used to. But they're still delicious and good for you!



Monday, October 17	Tuesday, October 18	Wednesday, October 19	Thursday, October 20	Friday, October 21
<b>Breakfast</b> Chicken & Waffles, Blueberries, Milk	<b>Breakfast</b> Breakfast Pizza, Juice, Milk	<b>Breakfast</b> Egg Omelette, Raisin Toast, Hash browns, Sliced Apples, Milk	<b>Breakfast</b> Muffins, Juice, Milk	<b>NO SCHOOL</b> <b>NO SCHOOL</b> <b>PLANNING DAY</b>
<b>Lunch</b> Corn Dogs, Mixed Fruit, Cole Slaw, Baked Beans, Milk	<b>Lunch</b> Beef & Mac, Dinner Rolls, Sliced Peaches, Green Beans, Corn, Milk	<b>Lunch</b> Sweet & Sour Chicken, Brown Rice, Roll, Cantaloupe, Milk	<b>Lunch</b> Turkey Wraps, Applesauce, Pickle Spear, Carrot Sticks, Sun Chips, Milk	
Monday, October 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28
<b>Breakfast</b> Donuts, Juice, Milk	<b>Breakfast</b> Ham & Cheese on English Muffin, Orange Slices, Milk	<b>Breakfast</b> Breakfast Burrito, Juice, Milk	<b>Breakfast</b> Yogurt, Bagel w/ cream cheese, Sausage Patty, Juice, Milk	<b>Breakfast</b> Muffins, Juice, Milk
<b>Lunch</b> Cheese Pizza, Jello Cup, Tossed Salad, Corn-on-Cob, Milk	<b>Lunch</b> Chicken Nuggets, Dinner Roll, Orange Slices, Green Beans, Milk	<b>Lunch</b> Ham Sub, Apples, Carrot Sticks, Sun Chips, Milk	<b>Lunch</b> Fish Nuggets, Wheat Rolls, Vegetable Blend, Peaches, Milk	<b>Lunch</b> Hot Dogs, Grapes, Cole Slaw, Baked Beans, Milk
		<b>EARLY DISMISSAL</b>		