

WAYMAN ACADEMY

USDA is an equal opportunity provider and employer.

Monday, August 31

Tuesday, September

Breakfast

Assorted Muffins, Yogurt, Juice, Milk

Lunch

Beef Taco, Let. & Tom., Corn, Mixed Fruit, Milk

r Wed., September 2

Breakfast

French Toast Sticks, Strawberries, Sausage Patties, Milk

<u>Lunch</u>

Turkey hot dogs, Sliced Pears, Baked Beans, Tater

EAT YOUR WATER.

Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

Thursday, September

Breakfast

English Muffin, Ham & Cheese, Juice, Milk

<u>Lunch</u>

Beef 'n Mac, Garlic Toast, Orange Slices, Green Beans, Milk

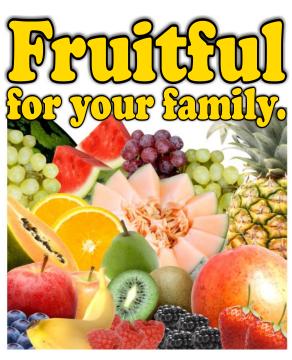
Friday, September 4

Breakfast

Pancakes, Banana, Sausage Link, Milk

Lunch

Turkey & Ham Hoagie Sandwich, Grapes, Tossed Salad, Carrot Sticks, Milk



Our meals are fantastic for your family in more ways than one. First, we're there for you every day, so you don't have to worry. Plus, our prices are the best you'll find for a full, balanced meal. We also meet healthy standards that are

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HAPPY ★LABOR★

NO SCHOOL MONDAY, SEPTEMBER 7

Tuesday, September

Breakfast

Waffles w/ Strawberries, Sausage Patties, Milk

Lunch

Hamburger, Let./ Tom., Mixed Fruit, Pickle Spear, Potato Salad, Milk

Wed., September 9

Breakfast

Muffins, Yogurt, Juice, Milk

Lunch

PBJ Sandwich, Apples, Celery Sticks with Ranch Dressing, Sun Chips, Milk EARLY

Thursday, September

Breakfast

Breakfast Burritos, Juice, Milk

Lunch

Mac 'n Cheese, Dinner Roll, Yams, Green Beans, Milk

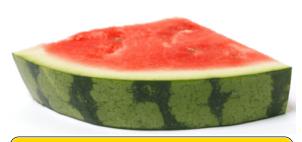
Friday, September 11

Breakfast

Chicken Patty on Biscuit, Orange Slices, Milk

Lunch

Hot Dogs, Orange Slices, Baked Beans, Oven Fries, Milk



MENU IS SUBJECT TO CHANGE