



## WAYMAN ACADEMY

USDA is an equal opportunity provider and employer.

# EAT YOUR WATER.



Your go-to choice for hydration should be good old H<sub>2</sub>O. 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!**

# Fruitful for your family.



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

**Monday, August 31**

**Tuesday, September**

### **Breakfast**

Assorted Muffins,  
Yogurt, Juice, Milk

### **Lunch**

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

**Wed., September 2**

### **Breakfast**

French Toast  
Sticks,  
Strawberries,  
Sausage Patties,  
Milk

### **Lunch**

Turkey hot dogs,  
Sliced Pears,  
Baked Beans, Tater

**Thursday, September**

### **Breakfast**

English Muffin,  
Ham & Cheese,  
Juice, Milk

### **Lunch**

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



**HAPPY  
★ LABOR ★  
DAY!**

**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**