

# Menus for April 2017

WAYMAN ACADEMY  
MENU SUBJECT TO CHANGE



## SPIN YOUR WHEELS.



Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

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

**NUTRITION TO GO**

**For nutrition and flavor, it's a good idea to always eat the skin of a fresh apple. Many of an apple's fantastic nutrients -- like vitamin C and beta carotene -- are concentrated in or just below the skin, as is most of the fiber. The fragrance cells, which increase our sense of an apple's flavor, are also in the skin.**

**A TASTY MORSEL FOR PARENTS**

**Monday, April 3**

**Breakfast**

Breakfast Burrito, Oranges, Milk

**Lunch**

Hamburger, Potato Salad, Carrot Sticks, Cantaloupe, Milk

**Tuesday, April 4**

**Breakfast**

Egg Patty, Toast, Apples, Milk

**Lunch**

Chicken Nuggets, Dinner Roll, Green Beans, Grapes, Milk

**Wednesday, April 5**

**Breakfast**

Cereal, Toast, Cantaloupe, Milk, Juice

**Lunch**

Turkey Sandwich, Carrot Sticks, Apple, Milk

**EARLY**

**Thursday, April 6**

**Breakfast**

Sausage Patty, Waffles, Strawberries, Milk

**Lunch**

Cheese Pizza, Lettuce/Tom., Corn-on-Cob, Diced Pears, Milk

**Friday, April 7**

**Breakfast**

Donut, Grapes, Juice

**Lunch**

PBJ Sandwich, Cheese Stixs, Baby Carrots, Apple, Milk

**Monday, April 10**

**Breakfast**

Pancake Pup, Applesauce Cup, Milk

**Lunch**

Hot Dog, Baked Beans, Cole Slaw, Pineapples, Milk

**Tuesday, April 11**

**Breakfast**

Pop Tart, Oranges, Juice, Milk

**Lunch**

Chicken Patty on Bun, Lettuce/Tom., Tater Tots, Grapes, Milk

**Wednesday, April 12**

**Breakfast**

Breakfast Pizza, Blueberries, Milk

**Lunch**

Bean & Cheese Burrito, Kernel Corn, Mixed Fruit, Milk

**Thursday, April 13**

**Breakfast**

Muffins, Yogurt, Milk, Juice

**Lunch**

Turkey Sandwich, Lettuce & Carrots, Sliced Peaches, Milk

**Good Friday**



**No School Today**