


HAPPY NEW YEAR

Menus for January 2018

WAYMAN ACADEMY

STUCK. 

We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!

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

WELCOME BACK!

From the
FOOD SERVICES STAFF

Ms. LaTarsha Williams
Mrs. Corlis Woods
Ms. LaTressa Allen

Monday, January 8

Breakfast
 Pop Tart, Orange, Milk

Lunch
 Chicken Salad, Lettuce & Tom., Pickle Spear, Dinner Roll, Orange, Milk

Tuesday, January 9

Breakfast
 Pop Tart, Orange, Milk

Lunch
 Chicken Salad, Lettuce & Tom., Pickle Spear, Dinner Roll, Orange, Milk

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Lunch
 Chicken Salad, Lettuce & Tom., Pickle Spear, Dinner Roll, Orange, Milk

Wednesday, January 10

Breakfast
 Sausage & Egg Patty, Blueberries, Dinner Roll, Milk

Lunch
 Hamburger, Tater Tots, Carrot Sticks, Apple, Milk

Thursday, January 11

Breakfast
 Pancake Pup, Strawberries, Milk

Lunch
 Hot Dog, Potato Wedges, Cole Slaw, Peaches, Milk

Friday, January 12

Breakfast
 Egg Patty, Donut, Juice, Milk

Lunch
 Turkey & Cheese Sub, Broccoli Spears, Diced Pears, Milk

MLK Holiday
 School Closed



Tuesday, January 16

Breakfast
 Breakfast Burrito, Cantaloupe, Milk

Lunch
 Meatball Sub w/ Mozzarella Cheese, Tater Tots, Carrots, Grapes, Milk

Wednesday, January 17

Breakfast
 Yogurt, Muffin, Juice, Milk

Lunch
 Chicken Nuggets, Dinner Roll, Mixed Fruit, Green Peas, Milk

Thursday, January 18

Breakfast
 Sausage Link, Bagel, Strawberries, Milk

Lunch
 Corn Dog, Honey dew Melon, Baked Beans, Potato Salad, Milk

Friday, January 19

Breakfast
 Pop Tart, Egg Patty, Apple, Milk

Lunch
 Ham Sandwich, Lettuce & Tom., Cantaloupe, Milk

FREE MEALS FOR ALL STUDENTS

Menu is subject to change