

Menus for
October 2017
WAYMAN

This institution is an equal opportunity provider and

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!



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

Monday, October 2

Breakfast

Waffles, Sausage
 Patty,
 Strawberries, Milk

Lunch

Chicken Nuggets,
 Tater Tots, Sliced
 Peaches, Dinner
 Roll, Milk

Tuesday, October 3

Breakfast

Yogurt, Muffins,
 Juice, Milk

Lunch

Bean Burrito,
 Spanish Rice,
 Kernel Corn, Diced
 Pears, Milk

Wed., October 4

Breakfast

Breakfast Burrito,
 Orange, Milk

Lunch

Hamburger,
 Mashed Potatoes,
 Dinner Roll, Apple,
 Green Beans, Milk

Thursday, October 5

Breakfast

Bagel, Egg Patty
 Juice, Milk

Lunch

Cheese Pizza,
 Lettuce & Tom.,
 Corn on cob,
 Mixed Fruit, Milk

Friday, October 6

Breakfast

Cereal, Applesauce
 Cup, Toast, Milk

Lunch

Ham Tortilla Wrap,
 Grapes, Carrot
 Sticks, Milk

Monday, October 9

Breakfast

Pancake Pup,
 Honey Dew
 Melon, Milk

Lunch

Corn Dog,
 Cantaloupe,
 Potato Wedges,
 Milk

Tuesday, October 10

Breakfast

Oatmeal, Trail mix,
 Milk

Lunch

Chicken Pattie on
 Bun, Orange, Tater
 Tots, Spinach &
 Tomato Salad,
 Milk

Wed., October 11

Breakfast

Cereal, Banana,
 Toast, Milk

Lunch

PBJ Sand., Apple
 Slices, Carrots,
 Chips, Milk

**EARLY
 DISMISSAL**

Thursday, October 12

Breakfast

French Toast
 Sticks, Egg Patty,
 Strawberries, Milk

Lunch

Sweet 'n Sour
 Chicken, Pears,
 Sweet Peas,
 Dinner Roll, Milk

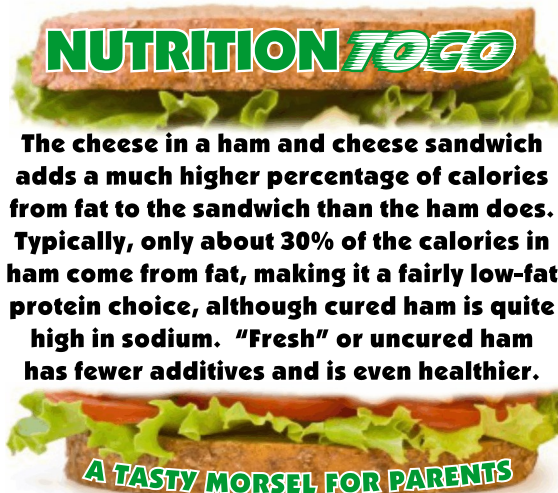
Friday, October 13

Breakfast

Sausage Patty,
 Donut, Orange,
 Milk

Lunch

Turkey & Cheese
 Sub, Applesauce
 Cup, Broccoli, Milk



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.

A TASTY MORSEL FOR PARENTS