



# Menus for September 2017

WAYMAN ACADEMY

USDA is an equal opportunity provider and employer.



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!**



Enjoy your holiday!

## September 11, 2001



*In eternal remembrance of the victims, in continued support of their families, and in undying gratitude to the heroes.*

**Tues., Sept. 5**

**Breakfast**  
 Breakfast Burrito w/Egg, Sausage, Cheese, Applesauce, Milk

**Lunch**  
 Hot Dog, Baked Beans, Cole Slaw, Sliced Pears, Milk

**Wed., Sept. 6**

**Breakfast**  
 Waffles, Sausage Patty, Peaches, Milk

**Lunch**  
 Bean Burrito, Kernel Corn, Peaches, Milk

**Thurs, Sept. 7**

**Breakfast**  
 Egg Patty, Donut, Mixed Fruit, Milk

**Lunch**  
 Chicken Salad w/ Romaine Lettuce & Tomatoes, Cheese, Apple Slices, Milk

**Friday, Sept. 8**

**Breakfast**  
 Pop Tarts, Sausage Patty, Orange Slices, Milk

**Lunch**  
 Turkey Sandwich, Cucumber Slices, Orange, Milk

**Mon., Sept. 11**

**Breakfast**  
 Pancake Pup, Blueberries, Milk

**Lunch**  
 Corn Dogs, Mixed Fruit, Seasoned Fries, Milk

**Tuesday, Sept. 12**

**Breakfast**  
 Yogurt, Muffins, Juice, Milk

**Lunch**  
 Chicken Nuggets, Sweet Peas, Dinner Roll, Grapes, Milk

**Wed., Sept. 13**

**Breakfast**  
 Cereal, Banana, Toast, Milk

**Lunch**  
 Turkey Sandwich, Carrots, Chips, Milk

**EARLY DISMISSAL**

**Thurs., Sept. 14**

**Breakfast**  
 Bagel w/cream cheese, Egg Patty, Juice, Milk

**Lunch**  
 Hamburger/Gravy, Green Beans, Mashed Potatoes, Dinner Roll, Sliced Peaches, Milk

**Friday, Sept. 15**

**Breakfast**  
 French Toast, Sausage Patty, Sliced Pears, Milk

**Lunch**  
 Ham & Cheese Sub, Fresh Broccoli, Tangerine, Milk

**REMEMBER!**  
 Menus are subject to change