

April 2021

Breakfast is in bold print

Fruit and Vegetable bar is available K-12 with every reimbursable meal at Breakfast and Lunch

Milk is offered with every Breakfast and Lunch

Choice of Chef Salad is offered K-12

Menus subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Donuts Sloppy Joe on Bun Green Beans Cauliflower Pears	2 No School
5 No School	6 Cheese Omelet Chicken Patty Hamburger bun Broccoli Peas Peaches	7 Waffles Walking Taco Romaine Lettuce Refried beans Pears	8 mini Pancake Hot dog Bun Sweet potato Carrots Applesauce	9 Breakfast Pizza Pizza Mixed Vegetables Tomato Mixed Berry
12 Pancake on Stick Hot Ham n cheese Bun Baked Beans Carrots Applesauce	13 Cheese Omelet Mini Corn dogs Bread sticks Tomato sauce Cauliflower, peas Pears	14 Br Burrito Cream Turkey Mashed potato Dinner roll Broccoli Strawberries	15 Waffle Wayne County Beef Patty on a bun tomato Sweet potatoes Peaches	16 Breakfast Pizza Chicken Nuggets Dinner roll Mixed Vegetables Cherry tomato Peaches
19 Mini Pancakes Taco Romaine Lettuce Refried beans Pears	20 Biscuits/ Gravy Stromboli Green beans Broccoli Mixed Fruit	21 Donuts Popcorn Chicken Dinner roll Potatoes Carrots Apricots	22 Pancake/Sticks Spaghetti Meat sauce French Bread Cauliflower Strawberries	23 Breakfast Pizza Cheese Boat tomato Corn Peaches
26 Cheese Omelet Chicken Fajita flat bread Romaine Lettuce, Refried Beans Pears	27 Pancake on Stick BBQ Rib on a bun tomato Sweet potatoes Peaches	28 Waffles Sweet and Sour Chicken Brown Rice Oriental Veggies Celery Pineapple	29 Br Burrito Pulled Pork Hamburger bun Carrots French Fries cranberries Apple Crisp	30 Breakfast Pizza Fish Bun Broccoli Corn Mixed Fruit

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Wayne Community Schools

April – Brain Break

How stressed do you feel? Do you take time for yourself? We live in a world that is constantly busy and always on the go. We can get so caught up in what we are doing that we forget to take care of ourselves. The challenge this month is to do at least one thing every day to give your mind a break. Everyone has at least one thing that is a good stress reliever for them. For women, it may be painting your nails, doing a facemask, or taking a bath. For men, going on a run, lifting weights, playing video games or participating in sports may help them unwind. Other examples include reading a book, spending time with family or friends, writing in a journal, gardening, or cooking a meal. Find one thing that you enjoy, and give yourself a break. You deserve it!