

December 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 Cheese Omelet Popcorn chicken Bun Celery Mashed Potato Apple	2 Donuts Hot Ham n cheese Bun Baked Beans Cauliflower Pears	3 Breakfast Pizza Sloppy Joe Hamburger bun Sweet potato fry Lettuce Dry fruit
6 Waffles Taco Romaine Lettuce Corn Pears	7 Cheese Omelet Mini Corn dogs Bread sticks Tomato sauce Cauliflower, peas Strawberries	8 Br Burrito Chicken noodle Cinnamon roll Celery Mixed Berries	9 Pancake on stick Chicken Patty Hamburger bun Broccoli Carrots Applesauce	10 Breakfast Pizza BBQUE Pork Sweet potato Lettuce Peaches
13 Biscuits and Gravy Hot dog on a bun Baked Beans Carrots Pears	14 Pancakes Cream Turkey Mashed potato Dinner roll Broccoli, Peaches	15 French Toast Chicken Fajita Flat bread Lettuce Tomatoes Strawberries	16 Cheese Omelet Wayne County Beef Patty on a bun Cauliflower Sweet potatoes Apple	17 Breakfast Pizza Pizza Corn Celery Mixed Fruit
20 Waffles Stromboli Lettuce Green Beans Pears	21 French Toast Chicken Nuggets Dinner roll Peas Broccoli Applesauce	22 Enjoy the sight and sounds of the Holidays with others	23	24 Merry Christmas from the kitchen staff
	Take time to enjoy friends and family	Play in the Snow	Find time to spend in the kitchen together making a meal or a snack	Read a Book

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Wayne Community Schools

December – Counting Calories

During the holiday season, we tend to forget that calories count! For this month's challenge, download a health app, like MyFitnessPal, to keep track of how many calories you consume every day. If you do not have a smartphone, you can keep a journal of what you have eaten. Even though you may not be able to know how many calories you have consumed without researching online or in a book, you can be aware of what you are eating and drinking!

Happy Holidays!

