

# January 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
<b>4 Pancake /stick</b> Chicken Nuggets Dinner roll Peas Cherry tomato Peaches	<b>5 Mini Pancakes</b> Sloppy Joe on Bun Sweet potato Cauliflower Pears	<b>6 Br Burrito</b> Cheese & Chicken Quesadilla Refried beans Lettuce Strawberries	<b>7 Waffles</b> Pulled Pork Hamburger bun Carrots French Fries cranberries Apple Crisp	<b>8 Breakfast Pizza</b> Stromboli Green beans Broccoli Applesauce
<b>11 Fr Toast Sticks</b> Walking Taco Romaine Lettuce Corn Pears	<b>12 Omelet</b> Chicken Patty Hamburger bun Broccoli Peas Peaches	<b>13 Waffles</b> Chili Crackers Carrots Cinnamon roll Mixed Berry	<b>14 mini Pancake</b> Hot dog Bun Sweet potato Cauliflower Applesauce	<b>15 Breakfast Pizza</b> Sweet and Sour Chicken Brown Rice Oriental Veggies Celery Pineapple
<b>18 Pancake on Stick</b> Hot Ham n cheese Bun Baked Beans Carrots Applesauce	<b>19 Cheese Omelet</b> Mini Corn dogs Bread sticks Tomato sauce Cauliflower, peas Pears	<b>20 Br Burrito</b> Cream Turkey Mashed potato Dinner roll Broccoli Strawberries	<b>21 Waffle</b> Wayne County Beef Patty on a bun tomato Sweet potatoes Peaches	<b>22 Breakfast Pizza</b> Pizza Peas Lettuce Mixed Berry
<b>25 Mini Pancakes</b> Cheese Boat Carrots Corn Mixed Fruit	<b>26 Biscuits/ Gravy</b> Taco Romaine Lettuce Refried beans Pears	<b>27 Donuts</b> Popcorn Chicken Dinner roll Potatoes Cherry tomato Apricots	<b>28 Pancake/Sticks</b> Spaghetti Meat sauce French Bread Broccoli Strawberries	<b>29 Breakfast Pizza</b> Pizzawiches Green beans Cauliflower Applesauce
<b>New Year Try new food items.</b>	Take a vegetable Try it fresh, steamed or roasted Find a way that you like it			Pizzawiches Ground beef with tomato sauce and cheese spread on a hamburger bun toasted this was on the WCS menu in the past.

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## Wayne Community Schools

January – Hello Hydration

Need an idea for a New Year's Resolution? We have one for you! The challenge this month is to drink 64 ounces of water every day, and keep track on a health app. Depending on our age, water makes up between 50-75% of our body, and plays a key role in keeping all of our organ systems happy and healthy! One easy way to complete this challenge is to carry a water bottle with you to work, class, the gym, or anywhere you go. If plain water is not up to your liking, try adding fruits like strawberries, lemons, cucumbers, or oranges to spruce it up. If you feel extra courageous, try combining foods to make a special concoction, like cucumber mint or strawberry lemon. The possibilities are endless!