

WAYNE COMMUNITY SCHOOLS MENU



Monday

1 Breakfast Bites
Carnival Day
Corn Dogs
Funnel Cake
Fries
Carrots/Strawberries

8 French Toast

Chicken & Waffles
Corn
Carrots
Apple Crisp

15 Waffles

Fish Sticks
Mac N Cheese
Dinner Roll / Peas
Mix of Fresh Veggies
Apple & Oranges Slices

22 Pancake on a Stick

Cook's Choice
AKA - clean out the freezer day
* Menu will be announced closer to date*

Tuesday

2 Cheese Omelet
Teriyaki Pot Stickers w/ Lo Mein Noodles
Oriental Veggies
Lettuce /Pineapple
Warm Biscuit

9 Pancake on a Stick

Walking Taco
Black Beans
Lettuce
Peaches
Muffin

16 Breakfast Sandwich

Chicken Fajita
Black Beans
Lettuce / Tomatoes
Mandarin Oranges
Pumpkin Bars

23 Donuts

All School
Wayne Beef Bash
Baked Beans
Mix of Fresh Veggies
Applesauce Cups

Wednesday

3 Pancakes
Hot Ham N Cheese
Sweet Potato Fries
Tomatoes
Peaches

10 Muffin

Sub Sandwich Bar
-meat, cheese, lettuce
Potato Chips
Tomatoes
Applesauce

17 Scrambled Eggs

Spaghetti w/Meat
Sauce / Bread Stick
Mixed Veggies
Broccoli
Pineapple

Thursday

4 Breakfast Burrito
BBQ Pork Sandwich
Baked Beans
Broccoli
Pears

11 Biscuits N Gravy

Pigs in a Blanket
Mozz Sticks
Streamed Carrots
Cucumbers
Mixed Fruit

18 Bagel & Yogurt

Nacho Bar – meat, cheese & lettuce
Refried Beans
Mixed Fruit
Corn Bread

Friday

5 Breakfast Pizza Bagel
Cheese Boat
Green Beans
Mix of Fresh Veggies
Mixed Berries

12 Coffee Cake

Pizza Calzones
Green Beans
Cauliflower
Banana

19 Breakfast Pizza

Pizza
Corn
Carrots
Strawberries

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

FAMILY MEMBERS

are *welcome* to join their student for lunch. We ask that you call the office by 9am to be added to the lunch count.

Thank you for choosing to eat with us! Students are ALWAYS encourage to fill their plates with as much fruits and veggies they are able to finish.



We are looking forward to seeing you next year.

Have an awesome Summer!

I am proud to be a **SCHOOL LUNCH HERO**

No need for a cape when you have an apron.
May 5, 2023



10 Summertime Healthy Eating Tips

1. Drink water. A lot of water.
2. Eat fresh fruit.
3. Create salads using different veggies and fruit.
4. Avoid greasy foods
5. Make your own burger patties
6. Choose a smoothie over ice cream
7. Keep it real. Real foods, not processed
8. Drink green tea instead of sweet tea
9. Don't skip breakfast! It's important.
10. Avoid carbs in the evenings

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