

Wayne Community Schools September 2020

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 mini waffles Hot dog on a bun Sweet potato cuts Cauliflower Applesauce	2 Taco Romaine Lettuce Green Beans Cantaloupe	3 Breakfast Sand Chicken Nuggets Dinner roll Peas Cherry Tomato Strawberries	4 Breakfast Pizza Hot Ham n cheese Bun Carrots Baked Bean Watermelon
7 No school	8 Mini Pancakes BQUE Ribs Hamburger bun Sweet potato Cauliflower Cantaloupe	9 Br Burrito Stromboli Corn Carrots Peaches	10 Pancake on stick Walking Taco Lettuce Refried Beans Watermelon	11 Breakfast Pizza Pizza Corn Tomatoes Pears
14 Donuts Grilled Cheese Sweet potato fry Cauliflower Cantaloupe	15 Cheese Omelet Mini Corn dogs Bread sticks Tomato sauce Broccoli, peas Peaches	16 Mini pancakes Cream Turkey on Potatoes Dinner roll Baby carrots Strawberries	17 Waffle Sloppy Joe Hamburger Bun Sweet potato Baked Beans Apple	18 Breakfast Pizza Pork tenderloin Hamburger bun Carrots Corn Watermelon
21 Mini Pancakes Chicken Fajita flat bread Romaine Lettuce, Refried Beans Apple	22 Biscuits/ Gravy Pulled Pork Hamburger bun Broccoli Peas Peaches	23 French Toast Spaghetti Meat sauce French Bread Cauliflower Pears	24 Cheese Omelet Beef Patty on a bun Tomatoes Sweet potatoes Watermelon	25 Breakfast Pizza Cheese Boats Green Beans Carrots Cantaloupe
28 mini Waffle Cheese & Chicken Quesadilla Green beans Broccoli Peaches	29 Donuts Chicken patty Hamburger Bun Sweet potato fry Cauliflower Cantaloupe	30 French Toast Sweet and Sour Chicken Brown Rice Oriental Veggies Carrots Pears	Enjoy the Harvest of good Nutrition	

USDA is an equal opportunity employer and provider

September- Put Some Pep in Your Step!

How many steps do you get in every day? For this challenge, walk at least 7,000 steps every day. This is the recommended minimum number of steps that you should take daily to balance out a 2,000 calorie diet. One easy way to track how many steps you take is by using a fitness tracker or pedometer. If you do not have a fitness tracker or pedometer, you may use the conversion method. Walking at a moderate pace (3-3.5 miles per hour), takes roughly 10 minutes to walk 1,000 steps. To make this challenge easier, take a friend, coworker, or family member with you on a walk and enjoy the fall weather while spending time together!