

Wayne Community Schools September 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 Pancake on stick Taco Romaine Lettuce Green Beans Cantaloupe	2 Breakfast Sand Popcorn chicken Dinner roll Mashed potatoes Cherry Tomato Strawberries	3 Breakfast Pizza Hot Ham n cheese Bun Carrots Baked Bean Watermelon
6 No school	7 Mini Pancakes Chicken patty Hamburger bun Sweet potato Cauliflower Cantaloupe	8 Br Burrito Stromboli Green beans Carrots Peaches	9 Pancake on stick Walking Taco Lettuce Refried Beans Watermelon	10 Breakfast Pizza Pork Tenderloin Hamburger bun Corn Tomatoes Pears
13 Donuts BQUE Rib Hamburger bun Sweet potato fry Cauliflower Cantaloupe	14 Cheese Omelet Mini Corn dogs Bread sticks Tomato sauce Broccoli, peas Peaches	15 Mini pancakes Cream Turkey on Potatoes Dinner roll Baby carrots Strawberries	16 Waffle Sloppy Joe Hamburger Bun Celery Baked Beans Apple	17 Breakfast Pizza Pizza Lettuce Corn Watermelon
20 Mini Pancakes Chicken Fajita flat bread Romaine Lettuce, Refried Beans Apple	21 Biscuits/ Gravy Hot dog Hotdog bun Broccoli French Fries Mixed Fruit	22 French Toast Spaghetti Meat sauce French Bread Cauliflower Pears	23 Cheese Omelet Beef Patty Hamburger bun Tomatoes Sweet potatoes Watermelon	24 Breakfast Pizza Cheese Boats Green Beans Carrots Cantaloupe
27 Waffle Cheese & Chicken Quesadilla Green beans Lettuce Peaches	28 Donuts BQUE Pork Hamburger Bun Sweet potato fry Cauliflower Cantaloupe	29 French Toast Sweet and Sour Chicken Brown Rice Oriental Veggies Carrots Pears	30 Breakfast Sandwich Potato Ole Refried Beans Apple	

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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!