

August 2020

Breakfast is in bold print

Breakfast and Lunch Choice of Chef Salad is offered K-12

Milk is offered with every Breakfast and Lunch. Menus subject to change

Breakfast is in bold

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Welcome Back			13 Waffle Chicken Patty Bun Peas Broccoli Apples	14 Breakfast Pizza Hot Ham and cheese sandwich Baked Beans Carrots Peaches
17 Mini Pancakes Chicken Fajita on Flat bread Romaine Lettuce Refried beans Cantaloupe	18 French Toast Mini Corn dogs Bread sticks Tomato sauce Carrots Peas Peaches	19 Pancake on stick BQUE Rib on a bun Sweet potato Cauliflower Applesauce	20 Omelet Cheeseburger Hamburger Bun Baked Beans Tomatoes Watermelon	21 Breakfast Pizza Pizza Broccoli Corn Pears
24 Cheese Omelet Walking taco Romaine Lettuce Corn Cantaloupe muffin	25 French toast sticks Pulled pork on a bun Baked Beans Tomatoes Apple	26 Mini Pancakes Chicken Nuggets Potatoes WG dinner roll Baby Carrots Peaches	27 Breakfast Burrito Stromboli Broccoli Green beans Pears	28 Breakfast pizza Sloppy joe Hamburger bun Sweet potato fry Cauliflower Watermelon
31 French Toast Sweet and Sour Chicken Brown Rice Oriental Veggies Broccoli, Peaches				

USDA is an equal opportunity employer and provider

Wayne Community Schools

August- GOOAAALLLLLL!!!

Let's start this school year off right! Set at least 3 realistic goals for the school year. They can be personal, school, work, or related to whatever you would like to achieve during the school year. Make sure they are SMART goals.

SMART stands for S-specific, M-measurable, A-attainable, R-relevant, and T-time-based. If your goal is to walk more, turn that goal into a SMART goal! An example of this would be, "I will walk for 20 minutes a day, seven days a week for the month of September."