

October 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 Pancake on a stick Walking Taco Romaine Lettuce Corn Apple	2 NO SCHOOL
5 Fr Toast Sticks Chicken Fajita flat bread Romaine Lettuce, Refried Beans Mixed Fruit	6 Mini Pancakes Chicken Patty Hamburger bun Broccoli Peas Peaches	7 Stromboli Corn Tomato Applesauce	8 Pancake on a stick Sloppy Joe Hamburger Bun Sweet potato Cauliflower, Peas	9 Breakfast Pizza Hot Ham n cheese Bun Celery Carrots Apricots
12 Donuts Sweet and Sour Chicken Brown Rice Oriental Veggies Broccoli, Peaches	13 Cheese Omelet Mini Corn dogs Bread sticks Tomato sauce Cauliflower, peas Strawberries	14 Br Burrito Taco Romaine Lettuce Corn Pears	15 No School Enjoy the beautiful fall weather with your family.	16 No School Fall Break Go for a walk. Play outside in the leaves.
19 Mini Pancakes Cheese & Chicken Quesadilla Green beans Lettuce Orange	20 Biscuits/ Gravy Hot dog on a bun Baked Beans Tomatoes Pears	21 Pancake on a stick Cream Turkey Mashed potato Dinner roll Broccoli, Peaches	22 Cheese Omelet Wayne County Beef Patty on a bun Green Beans Sweet potatoes Apple	23 Breakfast Pizza Pizza Romaine lettuce Cauliflower Mixed Fruit
26 WG Waffle Pulled Pork Hamburger bun Carrots French Fries Apple Crisp	27 Mini Pancakes BBQUE Ribs Hamburger bun Baked Beans Cauliflower Pears	28 Pancake on a stick Spaghetti Meat sauce French Bread Broccoli Mixed Fruit	29 French Toast St Chicken Nuggets Dinner roll Peas Cherry tomato Peaches	30 Breakfast Pizza Cheese Boat Lettuce Corn Orange

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Wayne Community Schools

October – Spooky Treats

Have you ever looked at a food label before? Do you know what is all in the food or beverages you consume? The amount of unhealthy fats and preservatives in foods and drinks can be scary! This month's challenge is to cut out one processed (junk) food or drink every day. This may include carbonated beverages, lemonade and sweet teas, chips, cookies, cake, and fast food. Processed foods can make us feel tired, sluggish, and can affect our mood. By consuming less of these products, you'll feel more energized and ready to take on the day! Trust us, your body will thank you!