

October 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
October is National Farm to School month	We are proud to support local agriculture. Last school year we used 7160 pounds of local beef.	We average 20 watermelon and 30 cantaloupe a week in August and September 2021		1 NO SCHOOL Enjoy the Day
4 French Toast Breaded Beef Patty Hamburger bun Green beans Tomatoes Applesauce	5 Pancakes Popcorn chicken bun Broccoli Peas Peaches	6 Cheese Omelet Sloppy Joe on Bun Sweet potato Cauliflower, Apricots	7 Br Burrito Hot Ham n cheese Bun Baked Beans Carrots Pears	8 Breakfast Pizza Pizza Corn Lettuce Mixed Fruit
11 Donuts Chicken Patty Hamburger bun Broccoli Carrots Applesauce	12 Cheese Omelet Mini Corn dogs Bread sticks Tomato sauce Cauliflower, peas Strawberries	13 Br Burrito Taco Romaine Lettuce Corn Pears	14 No School Enjoy the beautiful fall weather with your family.	15 No School Fall Break Go for a walk. Play outside in the leaves.
18 Pancakes Hot dog on a bun Baked Beans Carrots Pears	19 Biscuits/ Gravy Cream Turkey Mashed potato Dinner roll Broccoli, Peaches	20 Pancake on a stick Stromboli Corn Cauliflower Mixed Berries	21 Cheese Omelet Wayne County Beef Patty on a bun Carrots Sweet potatoes Apple	22reakfast Pizza Potato Ole" Refried beans Tomatoes Cran Raisins
25 Waffle Sweet and Sour Chicken Brown Rice Oriental Veggies Broccoli, Peaches	26 Waffle BBQUE Ribs Hamburger bun Baked Beans Cauliflower Pears	27 Pancake on a stick Spaghetti Meat sauce French Bread Carrots Mixed Fruit	28 French Toast Chicken Nuggets Dinner roll Peas Cherry tomato Applesauce	29 Breakfast Pizza Cheese Boat Lettuce Corn Strawberries

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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!