

WAYPOINT ACADEMY

Month: December 2009

Monday	Tuesday	Wednesday	Thursday	Friday																										
	1 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	2 Lunch #1 Salisbury Steak Mashed Potatoes and Gravy Corn, Roll*, Fresh Fruit BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad	3 Lunch BC #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk #2 Ham & Cheese Sub* #3 Taco Salad	4 Lunch BC #1 Baked Potato Wedges with Chili & Cheese, Roll*, Apple Sauce, Low Fat Milk BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad																										
7 Lunch BC #1 Chicken Patty* on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk #2 Ham & Cheese Wrap #3 Chef Salad	8 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	9 Lunch #1 Walking Taco (Reduced Fat Nacho Chips, Taco Meat, Cheese, Shredded Lettuce) BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad	10 Lunch BC #1 Hamburger Patty on a Bun* Vegetable Pasta Salad, Banana Low Fat Milk #2 Ham & Cheese Sub* Seasoned Potato Wedges #3 Taco Salad	11 Lunch #1 RF Bosco Sticks* W/Sauce Seasoned Green Beans, Fresh Apple, Low Fat Milk BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad																										
14 Lucky Tray Lunch BC #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk #2 Ham & Cheese Wrap #3 Chef Salad	15 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub*, Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	16 Lunch BC #1 Pasta with Meat Sauce, Green Beans, Apple, Low Fat Milk BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad	17 Lunch BC #1 Baked Chicken Nuggets* Brown Rice*, Seasoned Peas, Pineapple, Low Fat Milk #2 Ham & Cheese Sub* #3 Taco Salad	18 Breakfast for Lunch Lunch #1 French Toast Sticks*, Sausage Links Reduced Calorie Syrup, Chilled Fruit BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad																										
21 <i>Holiday Break</i>	22 <i>Holiday Break</i>	23 <i>Holiday Break</i>	24 <i>Holiday Break</i>	25 <i>Holiday Break</i>																										
28 <i>Holiday Break</i>	29 <i>Holiday Break</i>	30 <i>Holiday Break</i>	31 <i>Holiday Break</i>	Jan 1 <i>Holiday Break</i>																										
 Menu items with a * are made with whole grain	<table style="width: 100%; border: none;"> <tr><td>Student Lunch</td><td>\$2.25</td></tr> <tr><td>Reduced Lunch</td><td>\$.40</td></tr> <tr><td>Milk ½ Pint</td><td>\$.35</td></tr> <tr><td>Student Breakfast</td><td>\$1.50</td></tr> <tr><td>Reduced Breakfast</td><td>\$.30</td></tr> <tr><td>Adult Lunch</td><td>\$3.00</td></tr> <tr><td>Adult Breakfast</td><td>\$2.00</td></tr> </table>	Student Lunch	\$2.25	Reduced Lunch	\$.40	Milk ½ Pint	\$.35	Student Breakfast	\$1.50	Reduced Breakfast	\$.30	Adult Lunch	\$3.00	Adult Breakfast	\$2.00	<p>Included with lunch is a food bar with:</p> <ul style="list-style-type: none"> Variety of Deli Salads Lettuce Salads Crisp Veggies Fresh & Canned Fruit Variety of Milk Choices <p><i>Options are different daily</i></p>	<p>BC indicates a Balanced Choices Meal and meets these 7-12 parameters:</p> <table style="width: 100%; border: none;"> <tr><td>Calories 825</td><td>Protein (g) 16</td></tr> <tr><td>Calcium (mg) 400</td><td>Sodium 1300 Max</td></tr> <tr><td>Vitamin A (RE) 300</td><td>Vitamin C(mg) 18</td></tr> <tr><td>Fiber (g) 8</td><td>Cholesterol (mg) 100</td></tr> <tr><td>Saturated Fat 10% Max</td><td>Iron (mg) 4.5</td></tr> <tr><td>Fat (% of Calories) 30% Max</td><td></td></tr> </table>	Calories 825	Protein (g) 16	Calcium (mg) 400	Sodium 1300 Max	Vitamin A (RE) 300	Vitamin C(mg) 18	Fiber (g) 8	Cholesterol (mg) 100	Saturated Fat 10% Max	Iron (mg) 4.5	Fat (% of Calories) 30% Max		<p>Allergens</p> <p>All menu items may contain:</p> <ul style="list-style-type: none"> Milk Eggs Fish/Shellfish Peanuts/Tree Nuts Wheat Soy
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Food Service Provided by Chartwells. Menu subject to change without notice. Questions? Please call George Siedis (231) 788-7321