

WAYPOINT ACADEMY

Month: February 2010

Monday	Tuesday	Wednesday	Thursday	Friday																										
<p>1 <u>Hot Breakfast</u> Breakfast Pizza</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Ravioli with Meat Sauce, Whole Wheat Bread*, Confetti Coleslaw Apple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>2</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad</p> <p>BC #2 Turkey and Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>3</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Roast Turkey with Gravy Mashed Potatoes, Biscuit*, Green Beans, Fruit Crisp, Low Fat Milk</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Spicy Chicken Salad</p>	<p>4</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Macaroni & Cheese Bread* & Butter Carrot Sticks, Fresh Fruit</p> <p>#2 Ham & Cheese Sub* Oven Fries</p> <p style="text-align: center;">#3 Taco Salad</p>	<p>5</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Baked Ziti ,Pears,Tossed Salad W/Light Dressing, Low Fat Milk</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Garden Salad</p>																										
<p>8 <u>Hot Breakfast</u> Pancake on a stick</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Chicken Patty * on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>9</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad</p> <p>BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>10 <u>Lunch</u> BirthDay Celebration</p> <p>#1 Beef Burrito Nacho Chips & Cheese (Cookie with all choices)</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Spicy Chicken Salad</p>	<p>11</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk</p> <p>#2 Ham & Cheese Sub* Mashed Potatoes</p> <p style="text-align: center;">#3 Taco Salad</p>	<p>12</p> <p>Mid Winter Break</p>																										
<p>15</p> <p>Mid Winter Break</p>	<p>16</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad</p> <p>BC #2 Turkey & Cheese Sub*, Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>17</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Beefaroni, Corn, Garlic Bread, Pears, Low Fat Milk</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Spicy Chicken Salad</p>	<p>18</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Hamburger Patty on a Bun* Vegetable Pasta Salad, Banana, Low Fat Milk</p> <p>#2 Ham & Cheese Sub*</p> <p style="text-align: center;">#3 Taco Salad</p>	<p>19</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Hot dog on a Bun*, Oven Fries</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Garden Salad</p>																										
<p>22 <u>Hot Breakfast</u> Breakfast Hot Pocket</p> <p style="text-align: center;"><u>Lunch</u> Lucky Tray</p> <p>BC #1 Ravioli with Meat Sauce Whole Wheat Bread*, Confetti Coleslaw Apple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>23</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad</p> <p>BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>24</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Salisbury Steak Mashed Potatoes and Gravy Corn, Roll*, Fresh Fruit</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Spicy Chicken Salad</p>	<p>25</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk</p> <p>#2 Ham & Cheese Sub*</p> <p style="text-align: center;">#3 Taco Salad</p>	<p>26</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Baked Potato Wedges with Chili & Cheese, Roll*, Apple Sauce, Low Fat Milk</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Garden Salad</p>																										
<p>Mar 1 <u>Hot Breakfast</u> Cinnamon Pizza</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Chicken Patty* on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>2</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad</p> <p>BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>3</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Walking Taco (Reduced Fat Nacho Chips, Taco Meat, Cheese, Shredded Lettuce)</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Spicy Chicken Salad</p>	<p>4</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BC #1 Hamburger Patty on a Bun* Vegetable Pasta Salad, Banana Low Fat Milk</p> <p>#2 Ham & Cheese Sub* Seasoned Potato Wedges</p> <p style="text-align: center;">#3 Taco Salad</p>	<p>5</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 RF Bosco Sticks* W/Sauce Seasoned Green Beans, Fresh Apple, Low Fat Milk</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p style="text-align: center;">#3 Garden Salad</p>																										
<div style="display: flex; align-items: center;"> <p>Menu items with a * are made with whole grain</p> </div>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td>Student Lunch</td> <td style="text-align: right;">\$2.25</td> </tr> <tr> <td>Reduced Lunch</td> <td style="text-align: right;">\$.40</td> </tr> <tr> <td>Milk ½ Pint</td> <td style="text-align: right;">\$.35</td> </tr> <tr> <td>Student Breakfast</td> <td style="text-align: right;">\$1.50</td> </tr> <tr> <td>Reduced Breakfast</td> <td style="text-align: right;">\$.30</td> </tr> <tr> <td>Adult Lunch</td> <td style="text-align: right;">\$3.00</td> </tr> <tr> <td>Adult Breakfast</td> <td style="text-align: right;">\$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 style="text-align: center;"><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-collapse: collapse;"> <tr> <td>Calories 825</td> <td style="text-align: right;">Protein (g) 16</td> </tr> <tr> <td>Calcium (mg) 400</td> <td style="text-align: right;">Sodium 1300 Max</td> </tr> <tr> <td>Vitamin A (RE) 300</td> <td style="text-align: right;">Vitamin C(mg) 18</td> </tr> <tr> <td>Fiber (g) 8</td> <td style="text-align: right;">Cholesterol (mg)100</td> </tr> <tr> <td>Saturated Fat 10% Max</td> <td style="text-align: right;">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