


WAYPOINT ACADEMY

Month: January 2010

Monday	Tuesday	Wednesday	Thursday	Friday														
4 Lunch BC #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk #2 Ham & Cheese Wrap #3 Chef Salad	5 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub*, Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	6 Lunch BC #1 Beefaroni, Corn, Garlic Bread, Pears, Low Fat Milk BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad	7 Lunch BC #1 Hamburger Patty on a Bun* Vegetable Pasta Salad, Banana, Low Fat Milk #2 Ham & Cheese Sub* #3 Taco Salad	8 Lunch #1 Hot dog on a Bun*, Oven Fries BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad														
11 Lucky Tray Lunch BC #1 Ravioli with Meat Sauce Whole Wheat Bread*,Confetti Coleslaw Apple, Low Fat Milk #2 Ham & Cheese Wrap #3 Chef Salad	12 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	13 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	14 Lunch BC #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk #2 Ham & Cheese Sub* #3 Taco Salad	15 No School Today														
18 No School Today	19 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	20 BirthDay Celebration Lunch #1 Walking Taco (Reduced Fat Nacho Chips, Taco Meat, Cheese, Shredded Lettuce)(Cookie) BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad	21 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	22 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														
25 Lunch BC #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk #2 Ham & Cheese Wrap #3 Chef Salad	26 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey & Cheese Sub*, Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	27 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	28 Lunch BC #1 Baked Chicken Nuggets* Brown Rice*, Seasoned Peas, Pineapple, Low Fat Milk #2 Ham & Cheese Sub* #3 Taco Salad	29 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														
Feb 1 Lunch BC #1 Ravioli with Meat Sauce, Whole Wheat Bread*,Confetti Coleslaw Apple, Low Fat Milk #2 Ham & Cheese Wrap #3 Chef Salad	2 Lunch #1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad BC #2 Turkey and Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk	3 Lunch BC #1 Roast Turkey with Gravy Mashed Potatoes, Biscuit*, Green Beans, Fruit Crisp, Low Fat Milk BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad	4 Lunch #1 Macaroni & Cheese Bread* & Butter Carrot Sticks, Fresh Fruit #2 Ham & Cheese Sub* Oven Fries #3 Taco Salad	5 Lunch BC #1 Baked Ziti ,Pears,Tossed Salad W/Light Dressing, Low Fat Milk BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad														
 Menu items with a * are made with whole grain	<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: Variety of Deli Salads Lettuce Salads Crisp Veggies Fresh & Canned Fruit Variety of Milk Choices</p> <p><i>Options are different daily</i></p>	<p>BC indicates a Balanced Choices Meal and meets these 7-12 parameters: 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>	<p>Allergens All menu items may contain: Milk Eggs Fish/Shellfish Peanuts/Tree Nuts Wheat Soy</p>
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Food Service Provided by Chartwells. Menu subject to change without notice. Questions? Please call George Siedis (231) 788-7321