


# WAYPOINT ACADEMY

## May 2010

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>																										
<p>3</p> <p style="text-align: center;"><u>Hot Breakfast</u></p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Chicken Patty * on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk #2 Ham &amp; Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>4</p> <p style="text-align: center;"><b>No School Today</b></p>	<p>5</p> <p style="text-align: center;"><b>No School Today</b></p>	<p>6</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk #2 Ham &amp; Cheese Sub* Mashed Potatoes #3 Taco Salad</p>	<p>7</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> RF. Bosco Sticks* W/Sauce, Seasoned Green Beans, Fresh Apple, Low Fat Milk <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad</p>																										
<p>10</p> <p style="text-align: center;"><u>Hot Breakfast</u></p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Mini Corn Dogs* Seasoned Peas &amp; Carrots Applesauce, Low Fat Milk #2 Ham &amp; Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>11</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad <b>BC #2</b> Turkey &amp; Cheese Sub*, Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>12</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Beefaroni, Corn, Garlic Bread, Pears, Low Fat Milk <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad</p>	<p>13</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Hamburger Patty on a Bun* Vegetable Pasta Salad, Banana, Low Fat Milk #2 Ham &amp; Cheese Sub* #3 Taco Salad</p>	<p>14</p> <p style="text-align: center;"><u>Lunch</u> <b>Birthday Celebration</b></p> <p>#1 Hot dog on a Bun*, Oven Fries <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk (cookie with all choices) #3 Garden Salad</p>																										
<p>17</p> <p style="text-align: center;"><u>Hot Breakfast</u> <b>Lucky Tray</b></p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Ravioli with Meat Sauce Whole Wheat Bread*, Confetti Coleslaw Apple, Low Fat Milk #2 Ham &amp; Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>18</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad <b>BC #2</b> Turkey &amp; Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>19</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Salisbury Steak Mashed Potatoes and Gravy Corn, Roll*, Fresh Fruit <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad</p>	<p>20</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk #2 Ham &amp; Cheese Sub* #3 Taco Salad</p>	<p>21</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Baked Potato Wedges with Chili &amp; Cheese, Roll*, Apple Sauce, Low Fat Milk <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad</p>																										
<p>24</p> <p style="text-align: center;"><u>Hot Breakfast</u></p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Chicken Patty* on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk #2 Ham &amp; Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>25</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad <b>BC #2</b> Turkey &amp; Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>26</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Walking Taco (Reduced Fat Nacho Chips, Taco Meat, Cheese, Shredded Lettuce) <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad</p>	<p>27</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Hamburger Patty on a Bun* Vegetable Pasta Salad, Banana Low Fat Milk #2 Ham &amp; Cheese Sub* Seasoned Potato Wedges #3 Taco Salad</p>	<p>28</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 <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad</p>																										
<p>31</p> <p style="text-align: center;"><b>Memorial Day</b></p> <p style="text-align: center;"><b>No School</b></p>	<p>1</p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 Home Made Pizza (Cheese or Pepperoni) Tossed Salad <b>BC #2</b> Turkey &amp; Cheese Sub*, Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>2</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Pasta with Meat Sauce, Green Beans, Apple, Low Fat Milk <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Spicy Chicken Salad</p>	<p>3</p> <p style="text-align: center;"><u>Lunch</u></p> <p><b>BC #1</b> Baked Chicken Nuggets* Brown Rice*, Seasoned Peas, Pineapple, Low Fat Milk #2 Ham &amp; Cheese Sub* #3 Taco Salad</p>	<p>4</p> <p style="text-align: center;"><b>Breakfast for Lunch</b></p> <p style="text-align: center;"><u>Lunch</u></p> <p>#1 French Toast Sticks*, Sausage Links Reduced Calorie Syrup, Chilled Fruit <b>BC #2</b> Bagel with Yogurt &amp; Cheese, Carrot Sticks, Orange, Low Fat Milk #3 Garden Salad</p>																										
 <p>Menu items with a * are made with whole grain</p>	<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><b>Included with lunch is a food bar with:</b></p> <p>Variety of Deli Salads Lettuce Salads Crisp Veggies Fresh &amp; Canned Fruit Variety of Milk Choices</p> <p style="text-align: center;"><i>Options are different daily</i></p>	<p><b>BC indicates a Balanced Choices Meal and meets these 7-12 parameters:</b></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><b>Allergens</b></p> <p>All menu items may contain:</p> <p>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 Kristie Long (231) 788-7321**

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