

WAYPOINT ACADEMY 2009

Month: September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Labor Day</p>	<p>8</p> <p>Lunch</p> <p>BC #1 Ravioli with Meat Sauce Whole Wheat Bread*, Confetti Coleslaw Apple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap #3 Taco Salad</p>	<p>9</p> <p>Lunch</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>#3 Spicy Chicken Salad</p>	<p>10</p> <p>Lunch</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>#3 Taco Salad</p>	<p>11</p> <p>Lunch</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>#3 Garden Salad</p>
<p>14</p> <p>Lunch</p> <p>BC #1 Chicken Patty* on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap #3 Chef Salad</p>	<p>15</p> <p>Lunch</p> <p>#1 Home Made Pizza (Cheese or Pepperoni)</p> <p>BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>16</p> <p>Lunch</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>#3 Spicy Chicken Salad</p>	<p>17</p> <p>Lunch</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 #3 Taco Salad</p>	<p>18</p> <p>Lucky Tray</p> <p>Lunch</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>#3 Garden Salad</p>
<p>21</p> <p>Lunch</p> <p>BC #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap #3 Chef Salad</p>	<p>22</p> <p>Lunch</p> <p>#1 Home Made Pizza (Cheese or Pepperoni)</p> <p>BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>23</p> <p>Lunch</p> <p>BC #1 Pasta with Meat Sauce, Green Beans, Apple, Low Fat Milk</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p>#3 Spicy Chicken Salad</p>	<p>24</p> <p>Lunch</p> <p>BC #1 Baked Chicken Nuggets* Duck Sauce(on side), Brown Rice* Seasoned Peas, Pineapple, Low Fat Milk</p> <p>#2 Ham & Cheese Sub* #3 Taco Salad</p>	<p>25</p> <p>Breakfast for Lunch</p> <p>Lunch</p> <p>#1 French Toast Sticks*, Sausage Links Reduced Calorie Syrup, Chilled Fruit</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p>#3 Garden Salad</p>
<p>28</p> <p>Lunch</p> <p>BC #1 Ravioli with Meat Sauce, Whole Wheat Bread*, Confetti Coleslaw Apple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap #3 Chef Salad</p>	<p>29</p> <p>Lunch</p> <p>#1 Home Made Pizza (Cheese or Pepperoni)</p> <p>BC #2 Turkey and Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>30</p> <p>Lunch</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>#3 Spicy Chicken Salad</p>	<p>Oct 1</p> <p>Lunch</p> <p>#1 Macaroni & Cheese Bread* & Butter Carrot Sticks, Fresh Fruit</p> <p>#2 Ham & Cheese Sub* Oven Fries #3 Taco Salad</p>	<p>2</p> <p>Lunch</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>#3 Garden Salad</p>
<p>5</p> <p>Lunch</p> <p>BC #1 Chicken Patty * on a Bun* Mixed Vegetables, Pineapple, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap #3 Chef Salad</p>	<p>6</p> <p>Lunch</p> <p>#1 Home Made Pizza (Cheese or Pepperoni)</p> <p>BC #2 Turkey & Cheese Sub* Animal Crackers, Fresh Broccoli, Peaches, Low Fat Milk</p>	<p>7</p> <p>Lunch</p> <p>Lunch <i>BirthDay Celebration</i></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>#3 Spicy Chicken Salad</p>	<p>8</p> <p>Lunch</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 #3 Taco Salad</p>	<p>9</p> <p>Lunch</p> <p>BC #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>#3 Garden Salad</p>
<p>Menu items with a * are made with whole grain</p>	<p>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>	<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>Options are different daily</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