


WAYPOINT ACADEMY

Month: November 2009

Monday	Tuesday	Wednesday	Thursday	Friday																										
<p>2</p> <p style="text-align: center;">Lunch</p> <p>BC #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk #2 Ham & Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>3</p> <p style="text-align: center;">Lunch</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>4</p> <p style="text-align: center;">No School Today</p>	<p>5</p> <p style="text-align: center;">Lunch</p> <p>BC #1 Baked Chicken Nuggets* Brown Rice*, Seasoned Peas, Pineapple, Low Fat Milk</p> <p>#2 Ham & Cheese Sub* #3 Taco Salad</p>	<p>6</p> <p style="text-align: center;">Breakfast for Lunch</p> <p style="text-align: center;">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 style="text-align: center;">#3 Garden Salad</p>																										
<p>9</p> <p style="text-align: center;">Lunch</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>10</p> <p style="text-align: center;">Lunch</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>11</p> <p style="text-align: center;">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>12</p> <p style="text-align: center;">Lunch</p> <p>#1 Macaroni & Cheese Bread* & Butter Carrot Sticks, Fresh Fruit</p> <p>#2 Ham & Cheese Sub* Oven Fries</p> <p>#3 Taco Salad</p>	<p>13</p> <p style="text-align: center;">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 style="text-align: center;">#3 Garden Salad</p>																										
<p>16</p> <p style="text-align: center;">Lunch</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>17</p> <p style="text-align: center;">Lunch</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>18</p> <p style="text-align: center;">Special Thanksgiving Lunch</p> <p>#1 Roast Turkey with Gravy Mashed Potatoes, Sweet Potatoes, Corn Stuffing, Roll, Pumpkin Pie</p> <p>BC #2 Bagel with Yogurt & Cheese, Carrot Sticks, Orange, Low Fat Milk</p> <p>#3 Spicy Chicken Salad</p>	<p>19</p> <p style="text-align: center;">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</p> <p>#3 Taco Salad</p>	<p>20</p> <p style="text-align: center;">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 style="text-align: center;">#3 Garden Salad</p>																										
<p>23</p> <p style="text-align: center;">Lunch</p> <p>BC #1 Mini Corn Dogs* Seasoned Peas & Carrots Applesauce, Low Fat Milk</p> <p>#2 Ham & Cheese Wrap</p> <p style="text-align: center;">#3 Chef Salad</p>	<p>24</p> <p style="text-align: center;">Lunch</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>25</p> <p style="text-align: center;">Lunch</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>26</p> <p style="text-align: center;">Thanksgiving</p> <p style="text-align: center;">No School Today</p>	<p>27</p> <p style="text-align: center;">No School Today</p>																										
<p>30</p> <p style="text-align: center;">Lucky Tray</p> <p style="text-align: center;">Lunch</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>Dec 1</p> <p style="text-align: center;">Lunch</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>2</p> <p style="text-align: center;">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>3</p> <p style="text-align: center;">Lunch</p> <p>BC #1 Baked Chicken Nuggets*, WW Bread*, Mixed Vegetables, Pineapple, Chocolate Pudding, Low Fat Milk</p> <p>#2 Ham & Cheese Sub* #3 Taco Salad</p>	<p>4</p> <p style="text-align: center;">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 style="text-align: center;">#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>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-collapse: collapse;"> <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