



August 2010

Waynesville Middle & High School

LUNCH - \$2.50
 SUPER LUNCH - \$3.00
 (INCLUDES SMALL WATER)



News

WELCOME BACK!

Salads will also be available daily as part of a regular lunch

Please visit our Website for complete Carb Count listing.



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	Hamburger OR Fish on a Bun Potato Wedges Fruit Milk 24	Tony's Pizza OR Pretzel w/Cheese Corn Fruit Milk 25	Chicken Nuggets OR Chicken Sandwich Green Beans Fruit Milk 26	Ham/Cheese Sub OR Turkey Sub Celery Stix w/ Dip Fruit Milk 27
Sloppy Joe on a Bun OR Tony's Pizza Tater Tots Fruit Milk 30	Corn Dogs OR Burritos Baked Beans Fruit Milk 31			<u>MILK - carb counts</u> Chocolate Milk - 30 Strawberry Milk - 27 1% White Milk - 11 2% White Milk - 12