

APRIL 2017**Waynesboro High School
BREAKFAST & LUNCH MENU****SCHOOL NUTRITION PROGRAM
Feeding the Future**

WAYNESBORO PUBLIC SCHOOLS

OFFERED DAILY:**Little Giant's Grab-N-Go Breakfast Buffet**

Fresh Garden Chef Salad,

*PB & J Uncrustable**Fresh Raw Veggies**Raw Carrots**Lettuce/Tomato/Pickle, (Sandwiches only)**Bistro Boxes Are a Complete Meal:**PowerPack: Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice & Carrots**Little /Giant's Lunch Box: Italian Slammer Sub or Wrap, w/Sun Chips,
Carrots & Fruit Choice**Peanut Butter Jelly Time: Un-Crustable, Carrots, Fruit**A complete lunch is: 1 protein/grain entrée, 1/2 cup cup fruit, 3/4 cup
vegetables & one half-pint of milk. Students may select less food, but
must be served at least 1/2 cup fruit or vegetable with lunch each day.**All entrees are contain or are served
with Whole Grain Rich Component.*Savory Breakfast Biscuits, Breakfast Buns, Hot Oatmeal
*Tony's Breakfast Pizza, Pillsbury Strawberry Cream Cheese
Bagel, Kellogg's Pop-tarts, Pillsbury Apple or Cherry
Frudels, Egg & Cheese Muffin, Pillsbury Mini Pancakes or
Mini Waffles, Fresh Fruit Pillsbury Parfaits w/Granola
Pillsbury Breakfast Bars w/4oz. Yogurt or String Cheese
Muffin with Fruited Yogurt or String Cheese Stick,
Pillsbury Mini Cinnis, (Sausage Gravy over Biscuits (Tues)
Selection of Cold Cereals w/ Annie's Bunny Grahams
Breakfast includes Choice of entrée, 100 % Fruit Juice,
1 serving of Fruit and Choice of Milk***Check it out -Grab "n"Go Breakfast after First
Period. "Second Chance "10:00 am****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****3**
CHOOSE 1 ENTRÉE
*Bacon Cheeseburger on
Bun
Chicken Tender Wrap
Wedge Fries
Lima Beans
Fruit Selection*

Milk

4
CHOOSE 1 ENTRÉE
*Crispy Chicken Sandwich
Turkey Sub w/Toppings
Steamed Broccoli
Baked Beans
Fruit Selection*

Milk

5
CHOOSE 1 ENTRÉE
*Spaghetti w/Meat Sauce
w/Texas Toast
Spicy Chicken Sandwich
French Fries
Hot Vegetable
Fresh Garden Side Salad
Fruit Selection*

Milk

6
CHOOSE 1 ENTRÉE
*Chicken Fajita Taco
Pulled Pork BBQ Sandwich
Brown Rice w/Corn
& Peas
Asian Blend Veggies
Fruit Selection*

Milk

7
CHOOSE 1 ENTRÉE
*Pizza Variety
Manager's Choice
Hot Vegetable
Fruit Selection
Milk***EACH LUNCH INCLUDES A CHOICE OF MILK: All milk is Non-Fat or Low Fat, Available in White or Chocolate!****10**
CHOOSE 1 ENTRÉE
*Salisbury Steak & Gravy
w/Roll
Chicken Tender Wrap
Mashed Potatoes
Steamed Peas
Fruit Selection*

Milk

11
CHOOSE 1 ENTRÉE
*Chicken Tenders
Turkey Sub w/Toppings
Tater Tots
Steamed Corn
Fruit Selection*

Milk

12
CHOOSE 1 ENTRÉE
*Lasagna w/Texas Toast
Spicy Chicken Sandwich
French Fries
Hot Vegetable
Fresh Garden Side Salad
Fruit Selection*

Milk

13
CHOOSE 1 ENTRÉE
*Cheesy Turkey Nachos
Pulled Pork BBQ Sandwich
Black Beans & Corn Salsa
Steamed Broccoli
Wedge Fries
Fruit Selection*



Milk

14
**EARLY DISMISSAL!
ORDER A BAG LUNCH
TO GO!**
Milk Choice

WPS believes that no child should go hungry or miss a school meal due to outstanding balances or meal charges. An alternate meal will be provided to any child owing monies for meal charges or having a zero balance on their meal account. If you are having difficulties paying account balances please contact either Tammy Coffey at 540-946-4600 ext. 44 or Pat Smith at 540-946-4600 ext. 18 for assistance.

- Please make every effort to keep your child's account in good standing.
- Account balances can be viewed online through Café Prepay or you may ask your school's Cafeteria Manager.
- For your convenience www.myschoolbucks.com is available for making payments to student school meal accounts.

The Nutrition Staff of Waynesboro Public Schools strive to provide healthy and nutritious meals for all students to help them perform their best in the learning environment. We encourage parents to visit the school cafeteria and enjoy a lunch or breakfast with your child. We welcome your feedback on the meals and menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Holiday for 12 month employees No school for employees and Students 	18 CHOOSE 1 ENTRÉE Chicken Fajita Wrap Turkey Sub w/Toppings Steamed Broccoli Baked Beans Fruit Selection Milk	19 CHOOSE 1 ENTRÉE Spaghetti w/Meat Sauce w/Texas Toast Crispy Chicken Sandwich French Fries Cooked Greens Fresh Garden Side Salad Fruit Selection Milk	20 CHOOSE 1 ENTRÉE Cheesy Nachos w/Toppings Pulled Pork BBQ Sandwich Brown Rice w/Corn & Peas Asian Blend Veggies Fruit Selection Milk	21 CHOOSE 1 ENTRÉE Pizza Variety Manager's Choice Hot Vegetable Fruit Selection Milk
24 CHOOSE 1 ENTRÉE Salisbury Steak & Gravy w/Roll Chicken Tender Wrap Mashed Potatoes Steamed Peas Fruit Selection Milk	25 CHOOSE 1 ENTRÉE Chicken Tenders Turkey Bacon Ranch Sub Tater Tots Steamed Corn Fruit Selection Milk	26 CHOOSE 1 ENTRÉE Beefy -Mac "N Cheese Spicy Chicken Sandwich French Fries Hot Vegetable Fresh Garden Side Salad Fruit Selection Milk	27 CHOOSE 1 ENTRÉE Cheesy Turkey Nachos Pulled Pork BBQ Sandwich Black Beans & Corn Salsa Steamed Broccoli Wedge Fries Fruit Selection Milk	28 CHOOSE 1 ENTRÉE Pizza Variety Manager's Choice Hot Vegetable Fruit Selection Milk  Happy Earth Day April 22nd

***Menu subject to change due to any unforeseen circumstances.**

This institution is an equal opportunity provider.

We source local products when seasonally available. All of our salads are prepared with locally grown lettuces.

Payment Information

	<u>BREAKFAST</u>	<u>LUNCH</u>
FULL PAY	\$1.50	\$2.80
REDUCED PRICE	\$0.30	\$0.40
ADULT	\$1.90	\$3.40
MILK	\$0.50	\$0.50

FOR QUICK AND EASY ONLINE PAYMENTS - VISIT

www.myschoolbucks.com

CONTACT INFORMATION:

Tammy Coffey, SNP Manager
 Phone: 540-946-4600 ext. 44 or

tcoffey@waynesboro.k12.va.us

visit us on the web at:

www.waynesboro.k12.va.us

Get in touch with us today to learn more about free and reduced-price meals in our district:

Pat Smith, School Administrative Secretary 540-946-4607 ext.18

or psmith@waynesboro.k12.va.us



We also served a second chance breakfast mid- morning! Check it out!

Why is Breakfast Important?

- Breakfast is essential to "waking up" your brain & body.
- Studies have shown that hungry students do not learn well.

What is School Breakfast?

School Breakfast is available to all students. Breakfast is available in all Students. Breakfast is available in all schools beginning the first day of school. Breakfast served at school meets one-fourth of a child's daily nutritional needs.

Hello Spring!!



MARTIN