

APRIL 2017

**WPS Pre-Kindergarten
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

Weekly Legumes
Each week- Students will be sampling:
Kidney Beans
Black Beans
Edamame
Chic Peas



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 schools beginning the first day of school. Breakfast served at school meets one-fourth of a child's daily nutritional needs.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Breakfast Assorted WG Cereals w/ Grahams Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Chicken Tenders w/Bread Stick Green Beans Chilled Fruit Milk	4 Breakfast WG Cinnamon Roll Chilled or Fresh Fruit or 100% Fruit Juice Lunch WG Cheese Pizza Steamed Green Peas Chilled Fruit Milk	5 Breakfast Muffin w/ w/String Cheese Chilled or Fresh Fruit or 100% Fruit Juice Lunch Chicken Fajita Melt Fresh Garden Salad Buttered Corn Chilled Fruit Milk	6 Breakfast Pillsbury Fruited Parfait w/Granola Fresh Fruit or 100% Fruit Juice Lunch Juicy Cheeseburger on a Bun Crinkle Cut Fries Chilled Fruit Milk	7 Breakfast Manager's Special Chilled or Fresh Fruit or 100% Fruit Juice Lunch Manager's Special Milk

EACH LUNCH INCLUDES A CHOICE OF MILK: All milk is Non-Fat or Low Fat, Available in White or Chocolate!


10 Breakfast Assorted WG Cereals w/ Grahams Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Chicken Crispers Rice w/Peas & Corn Chilled Fruit Milk	11 Breakfast Breakfast Pizza Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Turkey & Cheese Sandwich Buttered Corn Fresh Fruit Milk	12 Breakfast Pillsbury Fruited Parfait w/Granola Fresh Fruit or 100% Fruit Juice Lunch Calzonettes California Blend Veggies Chilled Fruit Milk	13 Breakfast Pillsbury WG Mini Cinnis Chilled or Fresh Fruit or 100% Fruit Juice Lunch Spaghetti w/Meat Sauce Steamed Broccoli Baby Carrots Fruited Jello Milk	14 Staff Development Workday! No School For Students! 
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We source local products when seasonally available. All of our salads are prepared with locally grown lettuces.

April 14 - Good Friday
April 16 - Easter Sunday
April 22nd - Earth Day
April 28 - Arbor Day



"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Holiday for 12 month employees No school for employees and Students 	18 Breakfast WG Cinnamon Roll Chilled or Fresh Fruit or 100% Fruit Juice Lunch Cheese Pizza Steamed Green Peas Chilled Fruit Milk	19 Breakfast Muffin w/ w/String Cheese Chilled or Fresh Fruit or 100% Fruit Juice Lunch Nacho's w/Toppings Fresh Garden Salad Buttered Corn Chilled Fruit Milk	20 Breakfast Pillsbury Fruited Parfait w/Granola Fresh Fruit or 100% Fruit Juice Lunch Juicy Cheeseburger on a Bun Crinkle Cut Fries Chilled Fruit Milk	21 Breakfast Manager's Special Chilled or Fresh Fruit or 100% Fruit Juice Lunch Manager's Special Milk  April 22nd -Earth Day
24 Breakfast Assorted WG Cereals w/ Grahams Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Pancakes, Egg & Sausage Tater Tots Baked Apples Milk	25 Breakfast Breakfast Pizza Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Turkey & Cheese Sandwich Buttered Corn Fresh Fruit Milk	26 Breakfast Pillsbury Fruited Parfait w/Granola Fresh Fruit or 100% Fruit Juice Lunch Calzonettes California Blend Veggies Chilled Fruit Milk	27 Breakfast Pillsbury WG Mini Cinnis Chilled or Fresh Fruit or 100% Fruit Juice Lunch Spaghetti w/Meat Sauce Steamed Broccoli Baby Carrots Fruited Jello Milk	28 Breakfast Manager's Special Chilled or Fresh Fruit or 100% Fruit Juice Lunch Manager's Special Milk

Wayne Hills Center have been approved to participate in the Community Eligibility Provision (CEP) for the 2016-2017 school year. All Students in these schools will receive a free breakfast and free lunch each school day. There are no meal applications to complete in the CEP school-all students are eligible.



All other schools will operate the meal program as usual and will require meal applications as in previous years.


If you have any questions or need further information, please call the School Nutrition Office:
Pat Smith School Nutrition Secretary 540-946-4607 ext. 18
[or psmith@waynesboro.k12.va.us](mailto:psmith@waynesboro.k12.va.us)


or Tammy Coffey School Nutrition Program Manager
540-946-4607 ext. 44 or
tcoffey@waynesboro.k12.va.us


Adult Prices: All Milk - \$.50
Breakfast -\$1.90
Lunch -\$3.40

NATIONAL NUTRITION MONTH

 **Fill half your plate with Fruits and Veggies** 

 **Choose "low sodium" or "no salt added" canned veggies**

 **Try green and orange veggies like carrots and greens**

 **Fruits can be fresh, frozen, dried, canned, or juice**

School Delay?
Need Breakfast?
No Problem.

No Problem.
 WPS all serve hot breakfast on school days with one hour delays. In the event of a two hour delay-breakfast may be served, Lunch will follow the regular schedule on those days.



This institution is an equal opportunity provider.

Recipe: Rabbit in the Grass
Ingredients: 1-3 oz. package lime gelatin mix Raisins, cut in half, 8 (canned) pear halves, juice packed & well drained Maraschino cherries, cut in half, 1/2 c. toasted almonds, Whipped topping
Instructions: Wash hands first.
 1. Make gelatin as directed on the package. Pour gelatin into a 13 x 9-inch pan. Chill 1 hour.
 2. Place thoroughly drained pear halves, with rounded side up, in the green gelatin. Chill to set.
 3. Decorate each rabbit (pear half) with toasted almonds for ears, raisins for eyes, and cherry for the tongue
 4. Just before serving, use whipped topping for fluffy tails.
 5. Cut gelatin into serving pieces so that each child has a "rabbit."
Serves 8