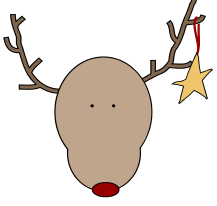






ALL MILK IS NON-FAT OR LOW FAT AVAILABLE IN WHITE OR CHOCOLATE

<p style="text-align: center;">HAPPIER HOLIDAYS</p> <p>Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning. Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.</p>	
<p>FIRST THINGS FIRST</p> <p>BREAKFAST @ SCHOOL</p> <p>For first-class learning!</p>	

	<p>Here's wishing you a bright and happy holiday season!</p> <p>School Nutrition Program Services from C/O & All the School Nutrition Staff at your school</p>	
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		THURSDAY	FRIDAY
<p>OFFERED DAILY: Chef Salad w/ Crackers Goldfish PB & J w/Cheese Stick & Goldfish Crackers (combo meal)</p> 	<p>OFFERED DAILY: Chef Salad w/Assorted Breads Chef Salads includes toppings from the salad bar! Smucker's PB&J Uncrustable (combo Meal)</p>	 <p>1</p> <p>CHOOSE 1 ENTRÉE Turkey Taco Boat w/ Toppings Pulled Pork BBQ on Bun</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Cheesy Refried Beans Buttered Corn Coleslaw Fresh or Chilled Fruit Milk</p>	<p>2</p> <p>CHOOSE 1 ENTRÉE Pizza Variety</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Hot Veg Fresh Fruit Salad Milk</p>

Each Lunch includes a Choice of Milk - 8 fl oz- Fat free White, 1% White Milk, Fat Free Chocolate

<p>5</p> <p>CHOOSE 1 ENTRÉE Italian Pizza Dunkers Fish Fry Basket w/Mini Biscuit</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Steamed Broccoli Twister Fries Chilled Fruit Milk</p>	<p>6</p> <p>CHOOSE 1 ENTRÉE Chicken Crispers w/ Breadstick</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Black Beans or Green Beans Crunchy Baby Carrots  Petite Banana Chilled Fruit Milk</p>	<p>7</p> <p>CHOOSE 1 ENTRÉE Spaghetti w/Meat Sauce & Texas Toast</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Fresh Garden Salad California Blend Veggies Fresh or Chilled Fruit Milk</p>	<p>8</p> <p>CHOOSE 1 ENTRÉE Cheesy Turkey Nachos served w/Salsa & Sour Cream Hot Ham & Cheese on Hamburger Bun</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Side Salad w/Tomato Buttered Corn Fresh or Chilled Fruit Milk</p>	<p>9</p> <p>CHOOSE 1 ENTRÉE Pizza Variety</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Hot Veg Fresh Fruit Salad Milk</p>
<p>12</p> <p>CHOOSE 1 ENTRÉE 100 % Beef Patty on WW Bun with or without Cheese</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Steamed Broccoli Sweet Tater Tots Cinnamon Pears Apple Slices Milk</p>	<p>13</p> <p>CHOOSE 1 ENTRÉE Grilled Cheese w/ Soup Side Salad w/Tomato Brown Beans Peaches  Milk</p>	<p>14</p> <p>CHOOSE 1 ENTRÉE Breakfast For Lunch Bacon & Mini Pancakes w/Fruit, Yogurt & Tater Rounds  Milk</p>	<p>15</p> <p>CHOOSE 1 ENTRÉE Roasted Chicken w/ Dinner Roll Mashed Potatoes w/ Gravy Green Beans Fresh or Chilled Fruit Holiday Cookie Milk</p>	<p>16</p> <p>CHOOSE 1 ENTRÉE Pizza Variety</p> <p>Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Hot Veg Fresh Fruit Salad Milk</p>

HAVE A SAFE AND HAPPY HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23

<u>Manager's Special</u>	<u>Manager's Special</u>
Hot Veg Fresh Fruit Salad Milk	Hot Veg Fresh Fruit Salad Milk
26	27



28	Dec. 5, 19	ENTRÉE: Kellogg's Mini Pancakes FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice
	Dec. 6, 20	ENTRÉE: Chicken Biscuit FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice
	Dec. 7	ENTRÉE: French Toast Sticks FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice
	Dec. 8	ENTRÉE: Sausage Gravy w/Biscuit FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice
	Dec. 9	Muffin w/String Cheese FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice

Offered Daily: Assorted Whole Grain Cereals w/Grahams or Toast, Fruited Yogurt w/Grahams, Fruited Parfait w/Granola
Cocoa Cherry Zee Zee Bar serve w/ Fruited Yogurt or String Cheese,
Fresh or Chilled Fruit, 100% Fruit Juice and Choice of Milk, **Menu Varies For Schools serving Breakfast in the Classroom!**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

PAYMENT INFORMATION:

	<u>BREAKFAST</u>	<u>LUNCH</u>
FULL PAY	\$1.50 daily/\$7.50 weekly	\$2.55 daily/\$12.75 weekly
REDUCED PRICE	\$0.30 daily/&1.50 weekly	\$0.40 daily/\$2.00 weekly
ADULT	\$1.90	\$3.40
MILK	\$0.50	\$0.50

CONTACT INFORMATION: Tammy Coffey
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visit us on the web at: www.waynesboro.k12.va.us
FOR QUICK & EASY ONLINE PAYMENTS - VISIT www.myschoolbucks.com



Get in touch with us today to learn more about free
and reduced-price meals in our district: 540-946-4600 ext. 18 or
psmith@waynesboro.k12.va.us
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD

SNO joke!



Winter Holiday
begins at the end
of the classes
Tuesday, December 20
Classes resume
Tuesday, January 3

WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE

