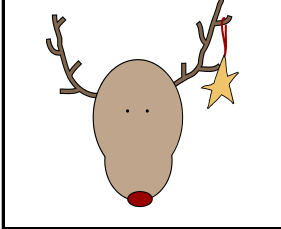


**EACH LUNCH INCLUDES A CHOICE OF MILK - 8 FL OZ. FAT FREE WHITE, 1% WHITE & FAT FREE CHOCOLATE**

<p style="text-align: center;"><b>HAPPIER HOLIDAYS</b></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 style="text-align: center;"><b>Available Daily At Lunch!</b></p> <p><b>PB &amp; J Combo Meal</b> <b>Chef Salad w/ Crackers</b> <b>Friday's - Manager Choice Sub Bar</b></p>
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**Here's wishing you a bright and happy holiday season!**

School Nutrition Program Services from C/O &  
All the School Nutrition Staff at your school

**What's on your Plate?**

Dairy

	<b>THURSDAY</b>	<b>FRIDAY</b>
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**Available Daily At Lunch**

*Farm Market w/Assorted Breads or Crackers or PB & J Uncrustable*

**BISTRO BOXES:**

**Power Pack:** Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice & Carrots  
**Mind & Body Medley:** Yogurt, Granola, Raisins & Carrots  
**Trail Blazer:** Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots  
**Highlander Munch'Able:** Italian Slammer Sub, Sun Chips, Carrots & Fruit Choice  
**Peanut Butter Jelly Time:** Uncrustable, Carrots & Fruit Choice

**1**

**CHOOSE 1 ENTRÉE**  
Fish Fry Basket w/  
Biscuit  
Grilled Cheese w/Soup

Creamy Coleslaw  
California Blend Veggies  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**2**

**CHOOSE 1 ENTRÉE**  
Pizza Selection  
Hot Veg/Raw Veggies  
Fresh Fruit Salad  
Milk

**Daily Menu -You may Choose 1 Entrée, Choose Two Vegetable Sides, Choose One Fruit Sides**

**5**

**CHOOSE 1 ENTRÉE**  
Cheesy Beef Nachos  
Crispy Chicken Sandwich

Cheesy Refried Beans  
Potato Wedges  
Buttered Corn  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**6**

**CHOOSE 1 ENTRÉE**  
Cheeseburger on Bun  
w/Lettuce & Tomato  
Corn Dog Nuggets

Twister Fries  
Buttered Corn  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**7**

**CHOOSE 1 ENTRÉE**  
Spaghetti w/Meat Sauce  
& Texas Toast  
Ham & Cheese Sandwich

Steamed Broccoli  
Baked Fries  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**8**

**CHOOSE 1 ENTRÉE**  
Chicken Nuggets w/  
Dinner Roll  
Italian Deli Sub

Mashed Potatoes  
Steamed Peas  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**9**

**CHOOSE 1 ENTRÉE**  
Pizza Selection  
Chicken Fajita Wrap

Hot Veg  
Fresh Fruit Salad  
Milk

**11**

**CHOOSE 1 ENTRÉE**  
Pulled Pork BBQ on Bun  
Chicken Crispers w/  
Breadstick

Baked Beans  
Creamy Coleslaw  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**13**

**CHOOSE 1 ENTRÉE**  
Grilled Cheese w/Soup  
Italian Dunkers

Buttered Peas  
Tater Tots  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**14**

**CHOOSE 1 ENTRÉE**  
Lasagna Roll Pasta w/  
Texas Toast  
*Ham & Cheese Croissant*

Steamed Broccoli  
Baked Fries  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Assortment  
Milk

**15**

**CHOOSE 1 ENTRÉE**  
Roasted Chicken w/  
Dinner Roll  
Mashed Potatoes  
Green Beans  
Romaine Salad w/Tomato  
Fruit Assortment  
Holiday Cookie  
Milk

**16**

**CHOOSE 1 ENTRÉE**  
Pizza Selection  
Hot Veg  
Romaine Salad w/Tomato  
Raw Veggie Cup  
Fruit Salad  
Milk

MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
19	<b>Manager's Special</b>	20	<b>Manager's Special</b>	21	22	23
26	27	28	29	30		

**HAVE A SAFE AND HAPPY HOLIDAY!**



Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line	
<i>Little Giant's Café: Savory Breakfast Biscuits Cinnamon Roll, Fruited Parfait w/Granola Satisfying Tony's Breakfast Pizza Kellogg's Pop-tarts, Breakfast Buns, Pillsbury Mini Pancakes Variety Breakfast Bars w/Cheese Stick or Yogurt Muffin w/Fruited Yogurt Turkey, Ham &amp; Cheese Croissant Selection of Cold Cereals w/Grahams Breakfast includes choice of entrée, juice, 1 serving of Fruit and choice of milk</i>	

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

**FOR QUICK & EASY ONLINE PAYMENTS - visit**  
[www.myschoolbucks.com](http://www.myschoolbucks.com)  
**CONTACT INFORMATION**  
 Tammy Coffey, SNP Manager  
 Phone: 540-946-4600 ext 44 or  
[tcoffey@waynesboro.k12.va.us](mailto:tcoffey@waynesboro.k12.va.us)  
 visit us on the web at:  
[www.waynesboro.k12.va.us](http://www.waynesboro.k12.va.us)  
**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](mailto:psmith@waynesboro.k12.va.us)



**MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD**

<p><b>SNO Joke!</b>          Winter Holiday begins at the end of the classes Tuesday December 20. Classes Resume Tuesday January 3!</p>	
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**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**DON'T 4 GET! Take at least ONE FRUIT or VEGGIE and at least THREE items total so your meal counts as a complete lunch!**

**EAT SMART USING THE USDA'S MYPLATE**

