

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

HAPPIER HOLIDAYS

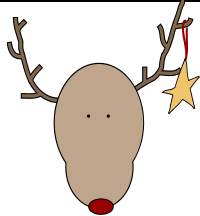
Want to avoid over-eating during the holidays?
Make sure you eat breakfast every morning.
Missing that first meal of the day can cause you
to feel intense cravings and extreme hunger,
making it difficult to avoid high fat, high sugar temptations.



FIRST THINGS FIRST

BREAKFAST @ SCHOOL

For first-class learning!



Here's wishing you a bright and happy
holiday season!
School Nutrition Program Services from C/O &
All the School Staff at your school

THURSDAY

FRIDAY

What's on your Plate?



Breakfast

French Toast Sticks
Fresh Fruit

LUNCH

Italian Dunkers
Side Salad w/Tomato
Steamed Broccoli
Peaches
Milk

Breakfast

Fruited Parfait w/Granola
Fresh Fruit

LUNCH

Breakfast For Lunch
Bacon & Pancakes w/
Fruit, Yogurt &
Potato Rounds
Milk

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

5
Breakfast
Assorted WG Cereals
w/Grahams
Fresh Fruit
LUNCH
Salisbury Steak &
Gravy w/Roll
Mashed Potatoes
Buttered Peas
Applesauce
Milk

6
Breakfast
Breakfast Chicken
Slider
Fresh Fruit
LUNCH
Cheese Pizza
Fresh Garden Salad
Fruit Choice
Milk

7
Breakfast
Pillsbury Cherry Frudel
Fresh Fruit
LUNCH
Roasted Chicken w/
Dinner Roll
Hot Vegetable
Fruit Choice
Milk

8
Breakfast
Pillsbury Mini
Pancakes
Fresh Fruit
LUNCH
Beefy-Mac'N Cheese
Side Salad w/Tomato
Fruit Cups
Milk

9
**No School For
Students!**
**Staff Development
Day!**


12
Breakfast
Assorted WG Cereals
w/Grahams
Fresh Fruit
LUNCH
Cheeseburger
Sweet Tater Tots
Strawberries
Milk


13
Breakfast
Muffin w/Cheese
Stick
Fresh Fruit
LUNCH
Hot Ham N Cheese
Baked Fries
Fruit Cups
Milk

14
Breakfast
Sausage & Cheese
Biscuit
Fresh Fruit
LUNCH
Corn Dog Nuggets
Steamed Broccoli
Cinnamon Pears
Milk

15
Breakfast
French Toast Sticks
Fresh Fruit
Lunch
Chicken Crispers
Mixed Vegetables
Fruit Choice
Milk

16
Breakfast
Fruited Parfait w/Granola
Fresh Fruit
LUNCH
Cheese Quesadilla
w/Soup
Celery & Carrots Sticks
Fresh Fruit Salad
Milk

HAVE A SAFE AND HAPPY HOLIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Breakfast <i>Manager's Choice</i> LUNCH <i>Manager's Choice</i>	20 Breakfast <i>Manager's Choice</i> LUNCH <i>Manager's Choice</i>	22 	23	24
26	27	28	29	30

SNO joke!



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



Very Merry Veggie Pizza

- 2 cans (10) refrigerated biscuits
- 1 8-oz. package light cream cheese
- 2 T. light ranch dressing
- 20 cherry tomatoes
- 3 C. broccoli flowerettes (or other chopped veggies)
- 8 oz. lowfat mozzarella cheese, shredded
- 1. Separate into individual biscuits. Flatten slightly and place ungreased baking sheet.
- 2. Bake according to package directions. Cool.
- 3. Mix softened cream cheese and ranch dressing until smooth.
- 4. Spread cream cheese mixture on biscuits.
- 5. Decorate with broccoli flowerettes and cherry tomato halves.
- 6. Top with cheese.
- 7. Serves 20.

Nutritional analysis:
 Total calories 136, fat 6 g, carbohydrate 14 g,
 protein 6 g, sodium 408 mg, calcium 131 mg, iron 1 mg,
 vitamin A 745 IU, vitamin C 19 mg, fiber 1 g, fat 2 g/oz.,
 added sugar 0% by weight.

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

