DECEMBER 2016

WAYNESBORO PUBLIC SCHOOLS

Waynesboro High School BREAKFAST & LUNCH MENU

SCHOOL NUTRITION PROGRAM Feeding the Future

OFFERED DAILY:

"Smuckers" PB & J Uncrustable Salad Bar Fresh "Local" Garden Side Salad Fresh Raw Veggies

All Lunches offered with 2 servings of Fruit, 2 servings of vegetables, And 8 oz Milk.

Fruit And Vegetable Offerings change Daily.



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.

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!

Available Daily:	Bistro Boxes Asstd		THURSDAY	FRIDAY
Power Pack : Meat Stick, Mozzarella Stick, Pretzels		- 10 A	1	2
fruit Choice & Carrots		190	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE
Mind & Body Medley: You	gurt, Granola, Raisins &	A MAIN SOLVE	Asstd Bistro Boxes	Pizza Bar
Carrots		•	Chicken Fajita	Menu Assortment
Highlander Munch'Able: S	ub Choice,	Happy	Flatbread	Fries
Sun Chips, Carrots & Fruit Choice			Corn Dog Nuggets	Hot Veg
Trail Blazer: Sunflower S	Seeds, Raisins, Cheese	Holidays		Fresh Fruit Salad
Stick, Graham Bites, Carro	ts		Fries	
		· · · · · · · · · · · · · · · · · · ·	Green Beans	
			Chilled or Fresh Fruit	
			Milk	Milk

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

1	5	6	7	8	9
l	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE
l	Asstd Bistro Boxes	Asstd Bistro Boxes	Asstd Bistro Boxes	Asstd Bistro Boxes	Pizza Bar
l	Chicken Tenders w/	Grilled Cheese w/Soup	Spaghetti w/Meat Sauce	Pull Pork BBQ on WG	Menu Assortment
ı	Bread Stick	Italian Pizza Dippers w/	w/Texas Toast	Bun	Fries
ı	B-Y-O Nachos or	Marinara Sauce	Meatball & Mozzarella	Spicy Chicken Breast	Hot Veg
l	Taco Salad Bowl		Sub	Sandwich	Fresh Fruit Salad
ı					
ı	Wedge Fries	Baked Sweet Potato	Fries	Baked Beans	
ı	Buttered Corn	Steamed Broccoli	Steamed Peas	Creamy Coleslaw	
l	Chilled or Fresh Fruit	Chilled or Fresh Fruit	Chilled or Fresh Fruit	Chilled or Fresh Fruit	
1	Milk	Milk	Milk	Milk	Milk



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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	13	14	15	16
CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE	CHOOSE 1 ENTRÉE
Asstd Bistro Boxes	Asstd Bistro Boxes	Asstd Bistro Boxes	Asstd Bistro Boxes	Pizza Bar
Cheese Steak Sub	Bacon Cheeseburger	Beefy-Mac'N Cheese	Roasted Chicken w/	Menu Assortment
B-Y-O Nachos or	on WG Bun	Fish Fry Basket w/Biscuit	Dinner Roll	Fries
Taco Salad Bowl	All American Club Sub		Mashed Potatoes	Hot Veg
			Green Beans	Fresh Fruit Salad
Twister Fries	Wedge Fries	Fries	Chilled or Fresh Fruit	
Buttered Corn	Baked Beans	Creamy Coleslaw		
Chilled or Fresh Fruit	Chilled or Fresh Fruit	Chilled or Fresh Fruit		
Milk	Milk	Milk	Milk	Milk
19	20	21	22	28
Manager's Special	Manager's Special			
Milk	Milk	I		
26	27	28	29	30
20	21		29	30

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!

LITTLE GIANT'S GRAB -N- GO BREAKFAST BUFFET

Little Giant's Café: Savory Breakfast Biscuits,

Cinnamon Roll, Fruited Parfait w/Granola

Satisfying Tony's Breakfast Pizza

Kellogg's Pop-tarts, Scrambled Eggs w/Toast Pillsbury Mini Pancakes or Mini Waffles

Mr J's Bagel w/Cream Cheese

Breakfast Bars w/ 40z. Yogurt or String Cheese Stick Muffin w/Fruited Yogurt, Turkey, Ham N' Cheese Croissant Selection of Cold Cereals w/Grahams

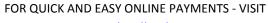
Breakfast includes choice of entrée, juice,

1 serving of Fruit and choice of milk

Check it out - Grab "n"Go Breakfast after first period. "Second Chance"

PAYMENT INFORMATION

<u>Breakfa</u>	<u>ast</u>	<u>Lunch</u>	1000
Full Pay -	\$1.50	\$2.80	
Reduced -	\$0.30	\$0.40	THE STATE OF THE S
Adult -	\$1.90	\$3.40	mySchoolBuc
Milk -	\$0.50	\$0.50	THYSCHOOLDUC





Tammy Coffey, SNP Manager

Phone: 540-946-4600 ext. 44 or

tcoffey@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

WHAT'S ON YOUR PLATE?





Dairy

