


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 8
 All the School Nutrition Staff at your school!

Available Daily:	Bistro Boxes Asstd		THURSDAY	FRIDAY
<p>Power Pack : Meat Stick, Mozzarella Stick, Pretzels fruit Choice & Carrots</p> <p>Mind & Body Medley: Yogurt, Granola, Raisins & Carrots</p> <p>Highlander Munch'Able: Sub Choice, Sun Chips, Carrots & Fruit Choice</p> <p>Trail Blazer : Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots</p>			<p>1</p> <p>CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Chicken Fajita Flatbread Corn Dog Nuggets</p> <p>Fries Green Beans Chilled or Fresh Fruit</p> <p style="text-align: center;"><i>Milk</i></p>	<p>2</p> <p>CHOOSE 1 ENTRÉE <i>Pizza Bar</i> Menu Assortment Fries Hot Veg Fresh Fruit Salad</p> <p style="text-align: center;"><i>Milk</i></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 <i>Asstd Bistro Boxes</i> Chicken Tenders w/ Bread Stick B-Y-O Nachos or Taco Salad Bowl</p> <p>Wedge Fries Buttered Corn Chilled or Fresh Fruit</p> <p style="text-align: center;"><i>Milk</i></p>	<p>6</p> <p>CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Grilled Cheese w/Soup Italian Pizza Dippers w/ Marinara Sauce</p> <p><i>Baked Sweet Potato</i> <i>Steamed Broccoli</i> Chilled or Fresh Fruit</p> <p style="text-align: center;"><i>Milk</i></p>	<p>7</p> <p>CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Spaghetti w/Meat Sauce w/Texas Toast Meatball & Mozzarella Sub</p> <p>Fries Steamed Peas Chilled or Fresh Fruit</p> <p style="text-align: center;"><i>Milk</i></p>	<p>8</p> <p>CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Pull Pork BBQ on WG Bun Spicy Chicken Breast Sandwich</p> <p><i>Baked Beans</i> Creamy Coleslaw Chilled or Fresh Fruit</p> <p style="text-align: center;"><i>Milk</i></p>	<p>9</p> <p>CHOOSE 1 ENTRÉE <i>Pizza Bar</i> Menu Assortment Fries Hot Veg Fresh Fruit Salad</p> <p style="text-align: center;"><i>Milk</i></p>
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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 CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Cheese Steak Sub B-Y-O Nachos or Taco Salad Bowl Twister Fries Buttered Corn Chilled or Fresh Fruit <i>Milk</i>	13 CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Bacon Cheeseburger on WG Bun All American Club Sub Wedge Fries Baked Beans Chilled or Fresh Fruit <i>Milk</i>	14 CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Beefy-Mac'N Cheese Fish Fry Basket w/Biscuit Fries Creamy Coleslaw Chilled or Fresh Fruit <i>Milk</i>	15 CHOOSE 1 ENTRÉE <i>Asstd Bistro Boxes</i> Roasted Chicken w/ Dinner Roll Mashed Potatoes Green Beans Chilled or Fresh Fruit <i>Milk</i>	16 CHOOSE 1 ENTRÉE <i>Pizza Bar</i> Menu Assortment Fries Hot Veg Fresh Fruit Salad <i>Milk</i>
19 Manager's Special <i>Milk</i>	20 Manager's Special <i>Milk</i>	21	22	23
26	27	28	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/ 4oz. 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>Breakfast</u>	<u>Lunch</u>
Full Pay -	\$1.50	\$2.80
Reduced -	\$0.30	\$0.40
Adult -	\$1.90	\$3.40
Milk -	\$0.50	\$0.50



FOR QUICK AND EASY ONLINE PAYMENTS - VISIT

www.myschoolbucks.com

CONTACT INFORMATION:

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

