

Fresh Garden Chef Salad

PB & J Uncrustable

Lettuce/Tomato/Pickle on Sandwiches Days

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

We source local products when seasonally available. All of our salads are prepared with locally grown lettuces.


All entrees are contain or are served with Whole grain Rich component

Why is Breakfast Important?

- Breakfast is essential to "waking up" your brain and body
- Studies have shown that hungry students do not learn well.

What is School Breakfast?

Breakfast is available at all Schools. Breakfast served at school meets one-fourth of a child's daily nutritional needs.

		WEDNESDAY	THURSDAY	FRIDAY
	<p>A complete lunch is: 1 protein/grain entrée, 1/2 cup fruit, 3/4 cup vegetables & one half-pint of milk. <i>Students may select less food, but must be served at least 1/2 cup fruit or vegetable with lunch each day.</i></p>	<p>1 CHOOSE 1 ENTRÉE Chicken Tenders w/Bread Stick Turkey & Cheese Sandwich Wedge Fries Steamed Broccoli Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>2 CHOOSE 1 ENTRÉE Roasted Chicken w/ Dinner Roll Mashed Potatoes Green Beans Romaine Salad w/Tomato Fruit Assortment Milk</p>	<p>3 CHOOSE 1 ENTRÉE Pizza Variety Hot Veg/Raw Veggies Fresh Fruit Salad Milk</p>

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


<p>6 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</p>	<p>7 CHOOSE 1 ENTRÉE Grilled Cheese w/Soup Italian Dunkers Buttered Peas Tater Tots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>8 CHOOSE 1 ENTRÉE Chicken Fajita Wrap Ham & Cheese Croissant Steamed Broccoli Baked Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>9 CHOOSE 1 ENTRÉE Steak n' Gravy Mashed Potatoes Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>10 CHOOSE 1 ENTRÉE Pizza Variety Hot Veg Romaine Salad w/Tomato Raw Veggie Cup Fruit Salad Milk</p>
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WPS believes that no child should go hungry or miss a school meal due to outstanding balances or meal charges. An alternate meal will be provided to any child owing monies for meal charges or having a zero balance on their meal account. If you are having difficulties paying account balances please contact either Tammy Coffey at 540-946-4600 ext. 44 or Pat Smith at 540-946-4600 ext. 18 for assistance.

- Please make every effort to keep your child's account in good standing.
- Account balances can be viewed online through Café Prepay or you may ask your school's Cafeteria Manager.
- For your convenience www.myschoolbucks.com is available for making payments to student school meal accounts.

The Nutrition Staff of Waynesboro Public Schools strive to provide healthy and nutritious meals for all students to help them perform their best in the learning environment. We encourage parents to visit the school cafeteria and enjoy a lunch or breakfast with your child. We welcome your feedback on the meals and menu.

We Buy Local and Serve Fresh Local Produce Whenever Possible!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CHOOSE 1 ENTRÉE <i>Chicken Tenders w/Bread Stick</i> <i>Turkey & Cheese Wrap</i> <i>Baked Beans</i> <i>Fries</i> <i>Romaine Salad w/Tomato</i> <i>Raw Veggie Cup</i> <i>Fruit Assortment</i> Milk	14 CHOOSE 1 ENTRÉE Hamburger or Cheeseburger on Bun Chicken Taco Salad Potato Wedges Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk 	15 CHOOSE 1 ENTRÉE Spaghetti W/Meat Sauce & Texas Toast Ham & Cheese Sandwich Green Beans <i>Tater Tots</i> Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	16 CHOOSE 1 ENTRÉE Manager's Special Hot Vegetables Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	17 EARLY DISMISSAL! ORDER A BAG LUNCH TO GO! Baby Carrots Fresh Fruit Milk 
20 Staff Development Workday! No School for Students! 	21 CHOOSE 1 ENTRÉE Grilled Cheese w/Soup Italian Dunkers Buttered Peas Tater Tots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	22 CHOOSE 1 ENTRÉE Breakfast For Lunch Chicken Salad Sandwich Tater Tots Raw Veggie Cup Baked Apples Milk	23 CHOOSE 1 ENTRÉE Beef & Cheese Burrito Taco w/Toppings Buttered Corn Black Bean & Salsa Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	24 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Hot Veg</i> <i>Romaine Salad w/Tomato</i> <i>Raw Veggie Cup</i> <i>Fruit Salad</i> Milk
27 CHOOSE 1 ENTRÉE Fish Fry Basket Chicken Bacon Sub Fries Baked Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	28 CHOOSE 1 ENTRÉE Hamburger or Cheeseburger on Bun Chicken Taco Salad Potato Wedges Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line <i>Little Giant's Café: Savory Breakfast Biscuits</i> <i>Cinnamon Roll, Fruited Parfait w/Granola</i> <i>Satisfying Tony's Breakfast Pizza</i> <i>Kellogg's Pop-tarts, Breakfast Buns,</i> <i>Pillsbury Mini Pancakes,</i> <i>Variety Breakfast Bars w/Cheese Stick or Yogurt</i> <i>Muffin w/Fruited Yogurt or Cheese Stick</i> Hot Oatmeal, Strawberry Cream Cheese Bagel <i>Selection of Cold Cereals w/Grahams</i> Breakfast includes choice of entrée, juice, 1 serving of Fruit and choice of milk		School Delay? Need Breakfast? No Problem. No Problem. WPS all serve hot breakfast on school days with one hour delays. In the event of a two hour delay-breakfast may be served, Lunch will follow the regular schedule on those days.

PAYMENT INFORMATION

	<u>BREAKFAST</u>	<u>LUNCH</u>
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

CONTACT INFORMATION

Tammy Coffey, SNP Manager
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visit us on the web at:
www.waynesboro.k12.va.us



American Heart Association®
Learn and Live

February- A good time to think about your heart!

***Well Balanced Diet, *Exercising *Making Food Choices**

Amazing Body Facts: * The human heart weighs a little less than one pound.

***Your heart beats about 60-70 times per minute**

***When you exercise, your heart pumps more blood.**

***Blood makes a round trip through the body in about a minute.**