

**FEBRUARY 2017**

**WPS Pre-Kindergarten  
BREAKFAST & LUNCH MENU**

**SCHOOL NUTRITION PROGRAM**  
*Feeding the Future*

WAYNESBORO PUBLIC SCHOOLS

**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.

School delays and closings are unavoidable this time of year. For information and updates visit our web site: [www.waynesboro.k12.va.us](http://www.waynesboro.k12.va.us)

School Delay? Need Breakfast? No Problem. Waynesboro Public Schools 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 those days.



		WEDNESDAY	THURSDAY	FRIDAY
	<p>School Delay? <b>Need Breakfast? No Problem.</b> <i>WPS all serve breakfast on school days with one or two hour delays.</i></p>	<p><b>Breakfast</b> Strawberry Cream Cheese Bagel Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>LUNCH</b> Cheesy Beef Nachos Buttered Corn Orange Grins Milk</p>	<p><b>Breakfast</b> WG French Toast Sicks Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>Lunch</b> Italian Dunkers Side Salad w/Tomato Steamed Broccoli Peaches Milk</p>	<p><b>Breakfast</b> Fruited Parfait w/Granola Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>Lunch</b> Breakfast For Lunch Bacon &amp; Pancakes w/ Fruit, Yogurt &amp; Potato Rounds Milk</p>

**EACH LUNCH INCLUDES A CHOICE OF MILK: All milk is Non-Fat or Low Fat, Available in White or Chocolate!**




<p><b>Breakfast</b> Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>LUNCH</b> Chicken Tenders Mashed Potatoes Fruit Cups Milk</p>	<p><b>Breakfast</b> Breakfast Bites Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>LUNCH</b> Corn Dog Nuggets Buttered Corn Seasoned Pinto Beans Fresh Orange Slices Milk</p>	<p><b>Breakfast</b> Manager's Choice</p> <p><b>Lunch</b> Manager's Choice Milk</p>	<p><b>Breakfast</b> Pillsbury WG Mini Pancakes Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>Lunch</b> Turkey &amp; Cheese Sandwich Tater Tots Baby Carrots Fruited Jello Milk</p>	<p><b>Breakfast</b> Fruited Parfait w/Granola Chilled or Fresh Fruit or 100% Fruit Juice</p> <p><b>Lunch</b> Tony's Cheese Pizza Hot Vegetable 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 Café Prepay 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
<b>13</b> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or 100% Fruit Juice  <u><b>Lunch</b></u> Hot Ham N Cheese Sandwich Steamed Peas Fruit Cups  Milk	<b>14</b> <u><b>Breakfast</b></u> Tony's Breakfast Pizza  Chilled or Fresh Fruit or 100% Fruit Juice <u><b>Lunch</b></u> WG Chicken Crispers w/Bread Stick Steamed Broccoli Fresh Fruit Milk	<b>15</b> <u><b>Breakfast</b></u> Strawberry Cream Cheese Bagel Chilled or Fresh Fruit or 100% Fruit Juice <u><b>Lunch</b></u> Nacho's w/ Toppings Buttered Corn Fresh Fruit Hummus w/Veggies Milk	<b>16</b> <u><b>Breakfast</b></u> Cherry Frudel  Chilled or Fresh Fruit or 100% Fruit Juice <u><b>Lunch</b></u> Juicy Cheeseburger on a Bun Crinkle Cut Fries Fruit Cups Milk	<b>17</b> <b>Staff Development Workday!</b> <b>No School for Students!</b>  
<b>20</b> <b>"President's Day! Staff Development Workday! No School for Students!"</b>  	<b>21</b> <u><b>Breakfast</b></u> <i>Breakfast Bites</i>  Chilled or Fresh Fruit or 100% Fruit Juice <u><b>LUNCH</b></u> Corn Dog Buttered Corn Fresh Orange Slices  Milk	<b>22</b> <u><b>Breakfast</b></u> Bacon, Egg & Cheese Biscuit  Chilled or Fresh Fruit or 100% Fruit Juice <u><b>Lunch</b></u> Spaghetti w/ Meat Sauce Steamed Broccoli Fruit Cups  Milk	<b>23</b> <u><b>Breakfast</b></u> Pillsbury WG Mini Pancakes  Chilled or Fresh Fruit or 100% Fruit Juice <u><b>Lunch</b></u> Turkey & Cheese Sandwich Tater Tots Baby Carrots Fruited Jello Milk	<b>24</b> <u><b>Breakfast</b></u> Fruited Parfait w/Granola Chilled or Fresh Fruit or 100% Fruit Juice  <u><b>Lunch</b></u> Tony's Cheese Pizza Hot Vegetable Fruit Salad  Milk
<b>27</b> <u><b>Breakfast</b></u> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or 100% Fruit Juice  <u><b>LUNCH</b></u> Hot Ham N Cheese Sandwich Steamed Peas Fruit Cups Milk	<b>28</b> <u><b>Breakfast</b></u> Tony's Breakfast Pizza  Chilled or Fresh Fruit or 100% Fruit Juice <u><b>LUNCH</b></u> WG Chicken Crispers w/Bread Stick Steamed Broccoli Fresh Fruit	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. <b>If you have any questions or need further information, please call the School Nutrition Office:</b> <b>Pat Smith School Nutrition Secretary 540-946-4607 ext. 18</b> <a href="mailto:psmith@waynesboro.k12.va.us">or psmith@waynesboro.k12.va.us</a> or Tammy Coffey School Nutrition Program Manager <b>540-946-4607 ext. 44</b> or <a href="mailto:tcoffey@waynesboro.k12.va.us">tcoffey@waynesboro.k12.va.us</a> <b>Adult Prices: All Milk - \$.50</b> <b>Breakfast -\$1.90</b> <b>Lunch -\$3.40</b>		
<b>Information &amp; Tips for Parents</b> Chocolate Sweetheart Parfaits				
½ teaspoon cocoa powder 1 teaspoon vanilla extract 2 teaspoons honey 1½ cups low-fat or fat free Greek or regular yogurt 2 cups fresh or frozen raspberries or other berry ¼ cup shaved dark chocolate or chocolate chips  <b>What to do:</b> 1. Whisk together cocoa and vanilla in a medium bowl. 2. Add honey and yogurt, stir until combined. 3. Spoon 2 tbsp of yogurt mixture in 4 clear glasses. Top with a few berries, continue to layer mixture and berries until glasses are filled. Garnish with chocolate shavings. Chill and Serve.  Makes 4 Servings. Heart Healthy Recipe from KidsHealth.org				
<b>MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD</b>				