

February - a Good Time to Think about Your **Heart!**
 *Well Balanced Diet
 *Excercising
 *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 excersise, your heart pumps more blood.
 ·Blood makes a round trip through the body in about a minute.



School Delay?
Need Breakfast?
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.

		WEDNESDAY	THURSDAY	FRIDAY
Offered Daily: <i>Fresh Garden Chef Salad</i> PB & J Uncrustable Combo Meal Raw Veggies Al-la-Carte Items: Chips - \$0.75 Ice Cream - \$0.75 Water - \$1.00 Switch Juices - \$1.00 Fruits & Veggies - \$0.75	Offered: Lettuce/Tomato/Pickle w/Subs/Sandwiches Days <i>BABY 173</i> <i>AND OUTSIDE</i> 	1 CHOOSE 1 ENTRÉE Spaghetti w/Meat Sauce &Garlic Toast Turkey 'N' Cheese Sandwich Steamed Broccoli Fresh Garden Salad Fresh or Chilled Fruit Milk	2 CHOOSE 1 ENTRÉE Taco Boat w/ Toppings Pulled Pork BBQ on Bun Black Beans/Salsa Cup Buttered Corn Coleslaw Fresh or Chilled Fruit Milk	3 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Hot Veg</i> <i>Fruit Salad</i> <i>Milk</i>




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

6 CHOOSE 1 ENTRÉE <i>Hamburger or Cheeseburger on Bun</i> <i>Fries</i> <i>Steamed Broccoli</i> <i>Fruit Cups</i> <i>Milk</i>	7 CHOOSE 1 ENTRÉE <i>Chicken Crispers</i> <i>Mashed Potatoes</i> <i>Buttered Corn</i> <i>Fruit Cups</i> <i>Milk</i>	8 CHOOSE 1 ENTRÉE <i>Breakfast For Lunch</i> <i>Tater Tots</i> <i>Veggie Cup</i> <i>Fruit Selection</i> <i>Milk</i>	9 CHOOSE 1 ENTRÉE <i>Herb Baked Chicken w/Roll</i> <i>Pulled Pork BBQ on Bun</i> <i>Brown Beans</i> <i>Coleslaw</i> <i>Fries</i> <i>Fruit Cup</i> <i>Milk</i>	10 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Hot Veg</i> <i>Fruit Salad</i> <i>Milk</i> Milk
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PAYMENT INFORMATION:			*Menu subject to change due to any unforeseen circumstances.
	<u>BREAKFAST</u>	<u>LUNCH</u>	
FULL PAY	\$1.50 daily/\$7.50 weekly	\$2.55 daily/\$12.75 weekly	
REDUCED PRICE	\$0.30 daily/&1.50 weekly	\$0.40 daily/\$2.00 weekly	
ADULT	\$1.90	\$3.40	
MILK	\$0.50	\$0.50	

CONTACT INFORMATION: Tammy Coffey
 Phone: 540-946-4600 ext. 44 or
tcoffey@waynesboro.k12.va.us
 visit us on the web at: www.waynesboro.k12.va.us
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CHOOSE 1 ENTRÉE <i>Chicken Fajta Wrap Hamburger or Cheeseburger on Bun Tater Tots Mixed Vegetables Veggie Blend Jucie Fresh or Chilled Fruit Milk</i>	14 CHOOSE 1 ENTRÉE <i>Popcorn Chicken Cheesesteak Sub Fries Steamed Peas Fresh or Chilled Fruit Milk</i>	15 CHOOSE 1 ENTRÉE <i>Neat-O Nachos Pulled Pork BBQ on Bun Black Beans & Salsa Coleslaw Buttered Corn Fresh or Chilled Fruit Milk</i>	16 CHOOSE 1 ENTRÉE <i>Steak n' Gravy w/Roll Mashed Potatoes Hot Veggie Blend Peaches Milk</i>	17 Early Dismissal! Order a Bag Lunch To Go! <i>Baby Carrots Fresh Fruit Milk</i>  Milk
20 Staff Development Workday No School For Students! 	21 CHOOSE 1 ENTRÉE <i>Chicken Crispers Mashed Potatoes Steamed Peas Fruit Cups Milk</i>	22 CHOOSE 1 ENTRÉE <i>Spaghetti w/Meat Sauce & Garlic Toast Steamed Broccoli Fresh Garden Salad Fresh or Chilled Fruit Milk</i>	23 CHOOSE 1 ENTRÉE <i>Beef & Cheese Burrito Italian Slammer Sub Buttered Corn Black Beans & Salsa Fruit Cups Milk</i>	24 CHOOSE 1 ENTRÉE <i>Pizza Variety Hot Veg Fruit Salad Milk</i>
27 CHOOSE 1 ENTRÉE <i>Corn Dog Nuggets Turkey & Cheese Sandwich Fries Mixed Vegetables Veggie Blend Jucie Milk</i>	28 CHOOSE 1 ENTRÉE <i>Crispy Chicken Sandwich Mashed Potatoes Green Beans Fruit Cup Milk</i>	 <p>A complete lunch is: 1 protein/grain entrée, 1/2 cup fruit, 3/4 cup vegetables & half-pint of milk. Students may select less food, but must be served at least 1/2 cup fruit or vegetable with lunch each day.</p> <p>We source local products when seasonally available. All of our salads are prepared with locally grown lettuces.</p>		

2 Week Cycle Menu Breakfast

Mon Tony's Breakfast Pizza <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	Mon Mini Pancakes <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
Tues Egg N'Cheese Biscuit <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	Tues Hot Oatmeal <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
Wed Muffin w/String Cheese <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	Wed Pancake & Sausage Nugget <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
Thurs Cherry Frudel <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	Thurs Mini Pull-Apart Strawberry Bagel <i>Fresh Fruit or 100% Fruit Juice, Milk</i>
Fri Apple Breakfast Bun Bites <i>Fresh Fruit or 100% Fruit Juice, Milk</i>	Fri Chicken or Sausage Biscuit <i>Fresh Fruit or 100% Fruit Juice, Milk</i>

Offered Daily: Assorted Whole Grain Cereals w/Grahams or Toast, Fruited Yogurt w/Grahams, Fruited Parfait w/Granola

Breakfast Bars serve w/ Fruited Yogurt or String Cheese,

Menu Varies For Schools serving Breakfast in the Classroom!

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