







JANUARY 2017		KATE COLLINS Middle SCHOOL BREAKFAST & LUNCH MENU		SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>	
WAYNESBORO PUBLIC SCHOOLS					
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.		AVAILABLE DAILY AT LUNCH Salad Bar 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		A complete lunch is: 1 protein/grain entrée, 1/2 cup fruit, 3/4 cup vegetables & one 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.	
MONDAY		TUESDAY		WEDNESDAY	
2 Staff Development Workday! No School For Students! 		3 CHOOSE 1 ENTRÉE Cheeseburger on Bun w/ Lettuce & Tomato Corn Dog Nuggets Twister Fries Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk		4 CHOOSE 1 ENTRÉE Cheese Stuffed Shell Pasta w/ Bread Stick <i>Ham & Cheese Croissant</i> Wedge Fries Steamed Broccoli Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	
THURSDAY		FRIDAY			
5 CHOOSE 1 ENTRÉE Chicken Pot-Pie w/Corn Bread Brown Beans Steamed Carrots Fruit Choices Milk		6 CHOOSE 1 ENTRÉE Pizza Variety Hot Veg/Raw Veggies Fresh Fruit Salad Milk			
9 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		10 CHOOSE 1 ENTRÉE Grilled Cheese w/Soup Italian Dunkers Buttered Peas Tater Tots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk		11 CHOOSE 1 ENTRÉE Lasagna Roll Pasta w/ Texas Toast <i>Ham & Cheese Croissant</i> Steamed Broccoli Baked Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	
12 CHOOSE 1 ENTRÉE Steak n' Gravy Mashed Potatoes Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk		13 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> <i>Milk</i>			
PAYMENT INFORMATION				CONTACT INFORMATION	
		BREAKFAST		LUNCH	
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				Tammy Coffey, SNP Manager Phone: 540-946-4600 ext 44 or tcoffey@waynesboro.k12.va.us visit us on the web at: www.waynesboro.k12.va.us	
				 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p>HOLIDAY! NO SCHOOL FOR STUDENTS AND STAFF</p> 	<p>17</p> <p>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</p>	<p>18</p> <p>CHOOSE 1 ENTRÉE Spaghetti W/Meat Sauce & Texas Toast Ham & Cheese Sandwich Green Beans Romaine Salad w/Tomato Raw Veggie Cup Green Beans Fruit Assortment Milk</p>	<p>19</p> <p>CHOOSE 1 ENTRÉE Roasted Chicken w/ Dinner Roll Mashed Potatoes Green Beans Romaine Salad w/Tomato Fruit Assortment Milk</p>	<p>20</p> <p>CHOOSE 1 ENTRÉE Pizza Variety Hot Veg Romaine Salad w/Tomato Raw Veggie Cup Fruit Salad Milk</p>
<p>23</p> <p>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>24</p> <p>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>25</p> <p>CHOOSE 1 ENTRÉE Beef-Mac 'N Cheese w/roll Green Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>26</p> <p>CHOOSE 1 ENTRÉE Beef & Cheese Burrito Taco w/Toppings Buttered Corn Black Bean & Salsa Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>27</p> <p>CHOOSE 1 ENTRÉE Pizza Variety Hot Veg Romaine Salad w/Tomato Raw Veggie Cup Fruit Salad Milk</p>
<p>30</p> <p>CHOOSE 1 ENTRÉE Fish Fry Basket Chicken Bacon Sub Fries Brown Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk</p>	<p>31</p> <p>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</p>	<p>Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line</p> <p><i>Little Giant's Café: Savory Breakfast Biscuits Cinnamon Roll, Fruited Parfait w/Granola Satisfying Tony's Breakfast Pizza Kellogg's Pop-tarts, Breakfast Buns, Pillsbury Mini Pancakes, Variety Breakfast Bars w/Cheese Stick or Yogurt Muffin w/Fruited Yogurt or Cheese Stick Hot Oatmeal, Strawberry Cream Cheese Bagel Selection of Cold Cereals w/Grahams</i></p> <p>Breakfast includes choice of entrée, juice, 1 serving of Fruit and choice of milk</p>		<p>Why is Breakfast Important?</p> <ul style="list-style-type: none"> •Breakfast is essential to "waking up" your brain and body •Studies have shown that hungry students do not learn well. <p>What is School Breakfast?</p> <p>Breakfast is available at all Schools. Breakfast served at school meets one-fourth of a child's daily nutritional needs.</p>
<p>We accommodate vegetarian requests with advance planning.</p>		<p>BABY</p> <p><i>It's</i></p> <p>COLD</p> <p>OUTSIDE</p>		
<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>				
<p>January- Oatmeal Month</p> <p>Did you know that oats, along w/wheat, corn and rice, are among the most common, Whole Grains eaten in America? Like othe Whole Grains, oats can enhance Digestive health, help you maintain a healthy weight and reduced the risk of heart disease, some cancers and diabetes.</p> 