


<p>Why is Breakfast Important? *Breakfast is essential to "waking up" your brain & body *Studies have shown that hungry students do not learn well.</p> <p>School Breakfast? School breakfast is available to all students. Breakfast is available in all schools beginning the first day of school. Breakfast served at school meets one-fourth of a child's daily nutritional needs.</p>	<p>January- Oatmeal Month Did you know that oats, along w/wheat, corn and rice, are among the most common Whole Grains eaten in America? Like other 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>	<p><i>Steps Families Can Take to Be Active and Move!!</i></p> <ol style="list-style-type: none"> 1. Give children toys that help them to be active: balls, kites, and jump ropes 2. Let children join a sports team or try a new physical activity 3. Limit TV time and keep the TV out of a Child's bedroom <p>For more information and tips go to: http://www.letsmove.gov/active-families</p>
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EACH LUNCH INCLUDES A CHOICE OF MILK- 8 Fl oz. -Fat Free White, 1% White Milk, Fat Free Chocolate

2	3	4	5	6
<p style="text-align: center;">Staff Development Workday! NO SCHOOL FOR STUDENTS AND STAFF</p> 	<p style="text-align: center;">Breakfast <i>Tony's Breakfast Pizza Fresh Fruit</i></p> <p style="text-align: center;">LUNCH Chicken Crispers Mashed Potatoes Apple Slices</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast <i>Pillsbury Cherry Frudel Fresh Fruit</i></p> <p style="text-align: center;">LUNCH Cheesy Beef Nachos Buttered Corn Orange Grins</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast French Toast Sticks Fresh Fruit</p> <p style="text-align: center;">LUNCH Italian Dunkers Side Salad w/Tomato Steamed Broccoli Peaches</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast Fruited Parfait w/Granola Fresh Fruit</p> <p style="text-align: center;">LUNCH Breakfast For Lunch Bacon & Pancakes w/ Fruit, Yogurt & Potato Rounds</p> <p style="text-align: center;">Milk</p>

Menu subject to change due to any unforeseen circumstances.

9	10	11	12	13
<p style="text-align: center;">Breakfast Assorted WG Cereals w/Grahams Fresh Fruit</p> <p style="text-align: center;">LUNCH Chicken Nuggets Tater Tots Fruit Cups</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast <i>Muffin w/Cheese Stick Fresh Fruit</i></p> <p style="text-align: center;">LUNCH Corn Dog Buttered Corn Seasoned Pinto Beans Fresh Orange Slices</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast <i>Sausage & Cheese Biscuit Fresh Fruit</i></p> <p style="text-align: center;">LUNCH Spaghetti w/ Meat Sauce Green Beans Fruit Cups</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast Breakfast Bun Fresh Fruit</p> <p style="text-align: center;">Lunch Chicken Crispers Baby Carrots Applesauce</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Breakfast Fruited Parfait w/Granola Fresh Fruit</p> <p style="text-align: center;">LUNCH Cheese Quesadilla Hot Veg Fruit Salad</p>


January is National Soup Month!






School delays and closings are unavoidable this time of year. For information and updates visit our web site:
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.



"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 HOLIDAY! NO SCHOOL FOR STUDENTS AND STAFF 	17 <u>Breakfast</u> Mini Pancakes Fresh Fruit <u>Lunch</u> WG Chicken Nuggets w/Bread Stick Green Beans Fresh Fruit Milk	18 <u>Breakfast</u> Cherry Fudgel Fresh Fruit <u>Lunch</u> Turkey Taco Buttered Corn Fresh Fruit Hummus w/Veggies Milk	19 <u>Breakfast</u> Egg & Cheese Biscuit Fresh Fruit <u>Lunch</u> Juicy Cheeseburger on a Bun Crinkle Cut Fries Fruit Cups Milk	20 <u>Breakfast</u> Fruited Parfait w/Granola Fresh Fruit <u>Lunch</u> Cheese Stuffed WG Pizza Sticks w/Sauce Hot Veg Fruit Salad Milk
23 <u>Breakfast</u> Assorted WG Cereals w/Grahams Fresh Fruit <u>Lunch</u> WG Corn Dog Nuggets Steamed Green Peas Applesauce Milk	24 <u>Breakfast</u> Muffin w/Cheese Stick Fresh Fruit <u>LUNCH</u> Hot Ham N Cheese Baked Fries Fresh Orange Slices Milk	25 <u>Breakfast</u> Sausage & Cheese Biscuit Fresh Fruit <u>LUNCH</u> Spaghetti w/ Meat Sauce Green Beans Fruit Cups Milk	26 <u>Breakfast</u> WG French Toast Sicks Fresh Fruit <u>Lunch</u> Grilled Cheese w/ Soup Baby Carrots Fruit Cups Milk	27 <u>Breakfast</u> Staff Development Workday! No School for Students! 
30 <u>Breakfast</u> Assorted WG Cereals w/Grahams Fresh Fruit <u>Lunch</u> Manager's Special Milk	31 <u>Breakfast</u> Mini Pancakes Fresh Fruit <u>Lunch</u> Manager's Special Milk	<p><i>We accommodate vegetarian requests with advanced planning!</i></p> <p>We source local products when seasonally available. All of our salads are prepared with locally grown lettuces.</p>		
Let It Snow Let It Snow Let It Snow!		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. If you have any questions or need further information, please call the School Nutrition Office: Pat Smith School Nutrition Secretary 540-946-4607 ext. 18 or psmith@waynesboro.k12.va.us or Tammy Coffey School Nutrition Program Manager 540-946-4607 ext. 44 or tcoffey@waynesboro.k12.va.us Adult Prices: All Milk - \$.50 Breakfast -\$1.90 Lunch -\$3.40		
Information & Tips for Parents: Warm your family this month with this Taste of Home recipe: Quick Chili (8 Servings) Ingredients: 1 pound ground beef 1 cup diced onion 2 cans (16 ounces each) kidney beans, rinsed and drained 2 cans (14-1/2 ounces each) diced tomatoes, undrained 1 celery rib, diced 1 teaspoon salt 1 teaspoon pepper 1/2 teaspoon chili powder 1/4 to 1/2 teaspoon crushed red pepper flakes (optional) Directions: In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until heated through. Serve with cornbread or biscuits & enjoy!!		 Let it Snow! Let it Snow!		
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