


<p>School Delay? Need Breakfast? No Problem.</p> <p>WPS all serve hot breakfast on school days with one or two hour delays.</p>	<p>Fresh Garden Chef Salad, Chicken Salad Sub or Wrap</p> <p>PB & J Un crustable All entrees are contain or are served with Whole Grain Rich Component.</p> <p>Fresh Raw Veggies</p> <p>Lettuce/Tomato/Pickle</p> <p>Fresh Garden Side Salad</p> <p>Bistro Boxes Are a Complete Meal:</p> <p>PowerPack: Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice & Carrots</p> <p>Little /Giant's Lunch Box: Italian Slammer Sub or Wrap, Sun Chips, Carrots & Fruit Choice</p> <p>Peanut Butter Jelly Time: Un-Crustable, Carrots, Fruit</p> <p>A complete lunch is: 1 protein/grain entrée, 1/2 cup 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.</p>	<p>BABY</p> <p><i>It's</i></p> <p>COLD</p> <p>OUTSIDE</p>  <p><small>ZingerBug.com</small></p>
---	--	--

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO SCHOOL FOR STUDENTS! Staff Development Workday!</p> <p>HAPPY NEW YEAR!</p> 	<p>3</p> <p>CHOOSE 1 ENTRÉE</p> <p>Beefy-Mac'N Cheese w/Bread Stick</p> <p>B-Y-O Nachos</p> <p>Buttered Corn</p> <p>Broccoli w/Cheese Sauce</p> <p>Fruit Selection</p> <p>Milk</p>	<p>4</p> <p>CHOOSE 1 ENTRÉE</p> <p>Grilled Cheese w/Soup</p> <p>Fish Fry Basket</p> <p>Potato Wedges</p> <p>Green Beans</p> <p>Fruit Selection</p> <p>Milk</p>	<p>5</p> <p>CHOOSE 1 ENTRÉE</p> <p>Pulled Pork BBQ</p> <p>Chicken Tenders</p> <p>Southern Creamy Coleslaw</p> <p>Brown Beans</p> <p>Fries</p> <p>Fruit Selection</p> <p>Milk</p>	<p>6</p> <p>CHOOSE 1 ENTRÉE</p> <p>Pizza Variety</p> <p>Fresh Chef Salad</p> <p>Hot Vegetable</p> <p>Fruit Selection</p>

MENU SUBJECT TO CHANGE DUE TO ANY UNFORSEEN CIRCUMSTANCES.

<p>9</p> <p>CHOOSE 1 ENTRÉE</p> <p>Chicken Crispers</p> <p>B-Y-O Nachos, Salsa Cup</p> <p>Buttered Corn</p> <p>Fries</p> <p>Fruit Selection</p>	<p>10</p> <p>CHOOSE 1 ENTRÉE</p> <p>Hamburger or Cheeseburger on WG Bun</p> <p>Baked Beans</p> <p>Seasoned Wedge Fries</p> <p>Fruit Selection</p>	<p>11</p> <p>CHOOSE 1 ENTRÉE</p> <p>Spaghetti w/Meat Sauce w/Texas Toast</p> <p>Green Beans</p> <p>Fruit Selection</p>	<p>12</p> <p>CHOOSE 1 ENTRÉE</p> <p>Sloppy Joe Sliders</p> <p>Chicken Tenders</p> <p>Mashed potatoes</p> <p>Steamed Peas</p> <p>Fruit Selection</p>	<p>13</p> <p>CHOOSE 1 ENTRÉE</p> <p>Pizza Variety</p> <p>Fresh Chef Salad</p> <p>Hot Vegetable</p> <p>Fruit Selection</p> <p>Milk</p>
--	--	---	--	--

PAYMENT INFORMATION

<u>Breakfast</u>	<u>Lunch</u>
Full Pay - \$1.50	\$2.80
Reduced - \$0.30	\$0.40
Adult - \$1.90	\$3.40
Milk - \$0.50	\$0.50

Get in touch with us today to learn more about free and reduced-price meals on our district: Pat Smith, Nutrition Secretary 540-946-4607 ext. 18




FOR QUICK AND EASY ONLINE PAYMENTS - VISIT

www.myschoolbucks.com

CONTACT INFORMATION:

Tammy Coffey, SNP Manager

Phone: 540-946-4600 ext. 44 or tcoffey@waynesboro.k12.va.us

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 HOLIDAY! NO SCHOOL FOR STUDENTS AND STAFF 	17 CHOOSE 1 ENTRÉE <i>Italian Pizza Dippers w/Marinara Sauce</i> <i>Cheesesteak Sub Fries</i> <i>Buttered Corn</i> <i>Fruit Selection</i> Milk	18 CHOOSE 1 ENTRÉE <i>Chili w/ Cheese & Corn Bread</i> <i>Steamed Broccoli</i> <i>Applesauce</i> Milk	19 CHOOSE 1 ENTRÉE <i>Salisbury Steak & Gravy</i> <i>Mashed Potatoes</i> <i>Steamed Peas</i> <i>Fruit Selection</i> Milk	20 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Fresh Chef Salad</i> <i>Hot Vegetable</i> <i>Fruit Selection</i> Milk
23 CHOOSE 1 ENTRÉE <i>Herb Baked Chicken</i> B-Y-O Nachos, Salsa Cup Fries Buttered Corn Fruit Selection Milk	24 CHOOSE 1 ENTRÉE Hamburger or Cheeseburger on WG Bun Baked Beans Seasoned Wedge Fries Fruit Selection Milk	25 CHOOSE 1 ENTRÉE <i>Spaghetti w/Meat Sauce</i> w/Texas Toast Green Beans Fruit Selection Milk	26 CHOOSE 1 ENTRÉE <i>Pulled Pork BBQ</i> <i>Chicken Tenders</i> <i>Southern Creamy Coleslaw</i> Baked Beans Fries Fruit Selection Milk	27 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Fresh Chef Salad</i> <i>Hot Vegetable</i> Fruit Selection Milk Milk

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

30 CHOOSE 1 ENTRÉE <i>Chicken Bacon Sub</i> B-Y-O Nachos, Salsa Cup Fries Steamed Broccoli w/ Cheese Fruit Selection Milk	31 CHOOSE 1 ENTRÉE <i>Italian Pizza Dippers w/Marinara Sauce</i> <i>Beef & Cheese Burrito</i> Fries Buttered Corn Fruit Selection Milk	Little Giant's Café: Savory Breakfast Biscuits, Egg & Cheese Burrito, Egg & Cheese English Muffin Satisfying Tony's Breakfast Pizza, Strawberry Cream Cheese Bagel Kellogg's Pop-tarts, Apple or Cherry Frudel Pillsbury Mini Pancakes or Mini Waffles Hot Oatmeal, Cinnamon Roll, Fruited Parfait w/Granola Breakfast Bars w/ 4oz. Yogurt or String Cheese Stick Muffin w/Fruited Yogurt or String cheese Stick, Breakfast Buns Selection of Cold Cereals w/Grahams Breakfast includes choice of entrée, juice, 1 serving of Fruit and choice of milk Check it out - Grab "n"Go Breakfast after first period. "Second Chance" (10:00 am)
		We accommodate vegetarian requests with advanced planning.

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 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.



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!