

March 2017

**Kate Collins Middle School
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

**Grab n Go Breakfast To Classroom
or Visit the Cafeteria Serving Line**

Little Giant's Café: Savory Breakfast Biscuits,

*Cinnamon Roll, Fruited Pillsbury Parfait w/Granola
Hot Oatmeal, Pillsbury Apple or Cherry Frudels
Satisfying Tony's Breakfast Pizza
Kellogg's Pop-tarts, Breakfast Buns,
Pillsbury Mini Pancakes,
Pillsbury Variety Breakfast Bars w/Cheese Stick or Yogurt
Muffin w/Fruited Yogurt or Cheese Stick
Pillsbury Strawberry Cream Cheese Bagel
Selection of Cold Cereals w/Annie's Bunny Grahams
Breakfast includes choice of entrée, juice,
1 serving of Fruit and choice of milk*

AVAILABLE DAILY AT LUNCH

Fresh Garden Chef Salad

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'Ab!e: 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

Fresh Romaine Garden Salad

Raw Veggies

National School Breakfast Week!
March 6th – 10th

Stop by & have Breakfast! Giving away prizes Daily!



WEDNESDAY

1 CHOOSE 1 ENTRÉE

*Salisbury Steak & Gravy w/Roll
Crispy Chicken Sandwich
Mashed Potatoes
Steamed Peas
Fruit Selection*

Milk

THURSDAY

2 CHOOSE 1 ENTRÉE

*Chicken Nachos w/ Toppings
Turkey & Cheese Sandwich
Chicken Tenders
French Fries
Steamed Broccoli
Fruit Selection*

Milk

FRIDAY

3 CHOOSE 1 ENTRÉE

*Pizza Variety
Manager's Choice
Hot Vegetable
Fruit Selection
or
V- Blend Juice*

Milk

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

6 Asian CHOOSE 1 ENTRÉE

*Asian Chicken w/Egg Roll
Roasted Pork & Gravy w/Roll
Chicken Tenders
California Asian Blend
Vegetables
Mashed Potatoes
Fruit Selection
Milk*

7 Mexico CHOOSE 1 ENTRÉE

*Nachos w/ Toppings
Cheesy Bean Burrito
Black Beans & Corn Salsa
Steamed Broccoli
Wedge Fries
Fruit Selection
Milk*

8 Italy CHOOSE 1 ENTRÉE

*Spaghetti w/Meat Sauce w/Texas Toast
Cheese Stuffed Shell Pasta w/Texas Toast
Steamed Mixed Veggies
Steamed Peas
Fruit Selection
Milk*

9 Islands CHOOSE 1 ENTRÉE

*Caribbean Chicken Nachos
Pizza Variety
Manager's Choice
Hot Vegetable
Steamed Corn
French Fries
Fruit Selection
Milk*

10 Breakfast will be served EARLY DISMISSAL! ORDER A BAG LUNCH TO GO!



Milk

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 www.myschoolbucks.com 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
13 CHOOSE 1 ENTRÉE <i>Hamburger or</i> Cheeseburger on a Bun Chicken Tenders Wedge Fries Lima Beans Fruit Selection Milk	14 CHOOSE 1 ENTRÉE Nachos w/ Toppings Spicy Chicken Sandwich Steamed Broccoli Steamed Corn Fruit Selection Milk	15 CHOOSE 1 ENTRÉE Cheese Stuffed Shell Pasta w/Texas Toast Salisbury Steak & Gravy w/Roll Mashed Potatoes Steamed Peas Fruit Selection Milk	16 CHOOSE 1 ENTRÉE Italian Chicken Nachos Roasted BBQ Chicken W/Roll French Fries Steamed Broccoli Fruit Selection Milk	17 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Manager's Choice</i> Hot Vegetable Fruit Selection or <i>V- Blend Juice</i> Milk
20 CHOOSE 1 ENTRÉE <i>Asian Chicken</i> <i>w/Egg Roll</i> Pulled Pork BBQ Sandwich Chicken Tenders California Asian Blend Vegetables French Fries Fruit Selection Milk	21 CHOOSE 1 ENTRÉE Hot Ham & Cheese Sandwich Breakfast For Lunch French Fries Steamed Corn Baked Apples Fruit Selection Milk	22 CHOOSE 1 ENTRÉE <i>Spaghetti w/Meat Sauce</i> <i>w/Texas Toast</i> Chicken Sandwich Steamed Broccoli French Fries Fruit Selection Milk	23 CHOOSE 1 ENTRÉE "Manager's Special" Hot Vegetable Fruit Selection Milk	24 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Manager's Choice</i> Hot Vegetable Fruit Selection or <i>V- Blend Juice</i> Milk

Monday	Tuesday	Wednesday	Thursday	Friday	PAYMENT INFORMATION					
	Spring Break March 27 - March 31st No school for students & Staff.									
Why is Breakfast Important? <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. 										
What is School Breakfast? Breakfast is available at all Schools. Breakfast served at school meets one-fourth of a child's daily nutritional needs.										
					BREAKFAST LUNCH FULL PAY \$1.50 \$2.80 REDUCED PRICE \$0.30 \$0.40 ADULT \$1.90 \$3.30 MILK \$0.50 \$0.50					
					FOR QUICK & 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 visit us on the web at: www.waynesboro.k12.va.us					
										
					Get in touch with us today to learn more about free and reduced-price meals in our district: 540-946-4600 ext.18 or psmith@waynesboro.k12.va.us					

