

MARCH 2017

WPS Pre-Kindergarten
BREAKFAST & LUNCH MENU

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

MAKE THE GRADE WITH SCHOOL BREAKFAST

Why is Breakfast Important?

- Breakfast is essential to "waking up" your brain & body
- Studies have shown that hungry students do not learn well.

What is 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.



We truly love him in a house.
We truly love him with a mouse.
We truly love him here or there.
We truly love him anywhere.

Dr. Seuss' Birthday March 1, 2,3 /2017



Read Across America Day - March 3, 2017

We truly love the silly goose.
We truly love old Dr. Seuss!

| | | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| National School Breakfast Week March 6th - 10th | | 1 <u>Breakfast</u> Fresh Fruit Parfait w/ Granola <u>Lunch</u> Celebrating Dr. Seuss' Green Eggs & Ham w/ Pancake / Tater Tots Celery Sticks w/Dip Diced Pears Milk | 2 <u>Breakfast</u> WG French Toast Sicks Chilled or Fresh Fruit or 100% Fruit Juice <u>Lunch</u> Cat in the Hat Dr. Seuss Specialty Manager's Special Milk | 3 <u>Breakfast</u> Manager's Special <u>Lunch</u> Red Fish, Blue Fish Manager's Special Fresh Strawberries & Blueberries Cup Milk |

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

| | | | | |
|--|--|---|--|--|
| 6 <u>Breakfast</u> Assorted WG Cereals w/Bunny Grahams Chilled or Fresh Fruit or 100% Fruit Juice <u>LUNCH</u> Chicken Tenders Mashed Potatoes Chilled Fruit Milk | 7 <u>Breakfast</u> Fresh Fruit Parfait w/ Granola Chilled or Fresh Fruit or 100% Fruit Juice <u>LUNCH</u> Nacho's w/Toppings Buttered Corn Black Bean Salsa Banana/Kiwi Cup Milk | 8 <u>Breakfast</u> Strawberry Cream Cheese Bagel Chilled or Fresh Fruit or 100% Fruit Juice <u>Lunch</u> Homemade Mac & Cheese Steamed Broccoli Chilled Fruit Milk | 9 <u>Breakfast</u> Breakfast Pizza Chilled or Fresh Fruit or 100% Fruit Juice <u>Lunch</u> Turkey & Cheese Sandwich Tater Tots Baby Carrots Chilled Fruit Milk | 10 No School For Students! Staff Development Workday! |
|--|--|---|--|--|

Recipe: Fruity Flowers

Ingredients: Variety of easy to handle fresh or dried fruit (apples, bananas, orange sliced into appropriate shapes before hand)

Fruit leather or roll-up (precut leaves and stems)

Paper Plates

Fruit Dip (optional)

Instructions: Wash hands. After discussing the importance of healthy snacks, children create a healthy flower snack using a variety of cut fruits to form the petals of the flower arranged on a paper plate. Fruit leather can be cut for flower leaves and stems. Add a dollop of fruit dip or yogurt at the base of each flower to represent the soil.

this is a perfect way to introduce different kinds of fruit and provide an opportunity for them to sample them. This is a great way to combine science, health, nutrition, color and shape recognition all in one activity.

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 13 Breakfast Assorted WG Cereals w/Bunny Grahams Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Chicken Tenders w/Bread Stick Green Beans Chilled Fruit Milk | 14 Breakfast WG Cinnamon Roll Chilled or Fresh Fruit or 100% Fruit Juice Lunch Cheese Pizza Steamed Green Peas Chilled Fruit Milk | 15 Breakfast Muffin w/ w/String Cheese Chilled or Fresh Fruit or 100% Fruit Juice Lunch Taco w/Toppings Fresh Garden Salad Buttered Corn Chilled Fruit Milk | 16 Breakfast Fresh Fruit Parfait w/ Granola Chilled or Fresh Fruit or 100% Fruit Juice Lunch Juicy Cheeseburger on a Bun Crinkle Cut Fries Chilled Fruit Milk | 17 Breakfast Manager's Special Chilled or Fresh Fruit or 100% Fruit Juice Lunch Manager's Special Milk |
| 20 Breakfast Assorted WG Cereals w/Bunny Grahams Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Pancakes, Egg & Sausage Tater Tots Baked Apples Milk | 21 Breakfast Breakfast Pizza Chilled or Fresh Fruit or 100% Fruit Juice LUNCH Turkey & Cheese Sandwich Buttered Corn Fresh Fruit Milk | 22 Breakfast Fresh Fruit Parfait w/ Granola Chilled or Fresh Fruit or 100% Fruit Juice Lunch Cheese Pizza California Blend Veggies Chilled Fruit Milk | 23 Breakfast Pillsbury WG Mini Pancakes Chilled or Fresh Fruit or 100% Fruit Juice Lunch Spaghetti w/Meat Sauce Steamed Broccoli Baby Carrots Fruited Jello Milk | 24 Breakfast Manager's Special Chilled or Fresh Fruit or 100% Fruit Juice Lunch Manager's Special |






Spring Break Begins
March 27th - 31st


Spring begins March 20th




NATIONAL NUTRITION MONTH

 Fill half your plate with Fruits and Veggies 

 Choose "low sodium" or "no salt added" canned veggies

 Try green and orange veggies like carrots and greens

 Fruits can be fresh, frozen, dried, canned, or juice

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.



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](mailto: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



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