

MARCH 2017**Waynesboro High School
BREAKFAST & LUNCH MENU****SCHOOL NUTRITION PROGRAM
Feeding the Future**

WAYNESBORO PUBLIC SCHOOLS


Offered Daily:

Fresh Garden Chef Salad, Chicken Salad Sub or Wrap

*PB & J Uncrustable**Fresh Raw Veggies**Lettuce/Tomato/Pickle, (Sandwiches only)**Bistro Boxes Are a Complete Meal:**PowerPack: Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice & Carrots**Little /Giant's Lunch Box: Italian Slammer Sub or Wrap, w/Sun Chips, Carrots & Fruit Choice**Peanut Butter Jelly Time: Un-Crustable, Carrots, Fruit**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.**All entrees are contain or are served with Whole Grain Rich Component.***Little Giant Breakfast Café-**Savory Breakfast Biscuits, Breakfast Buns, Hot Oatmeal
Tony's Breakfast Pizza, Pillsbury Strawberry Cream Cheese Bagel, Kellogg's Pop-tarts, Pillsbury Apple or Cherry Frudels, Egg & Cheese Muffin, Pillsbury Mini Pancakes or Mini Waffles , Fresh Fruit Pillsbury Parfaits w/Granola Pillsbury Breakfast Bars w/4oz. Yogurt or String Cheese Muffin with Fruited Yogurt or String Cheese Stick, Pillsbury Mini Cinnis, Sausage Gravy over Biscuits (Tues) Selection of Cold Cereals w/ Annie's Bunny Grahams
Breakfast includes Choice of entrée, 100 % Fruit Juice, 1 serving of Fruit and Choice of Milk**Check it out -Grab "n"Go Breakfast after First Period. "Second Chance "10:00 am**

		WEDNESDAY	THURSDAY	FRIDAY
National School Breakfast Week March 6 - 10, 2017	<i>Stop by and have Breakfast! Prizes will be giving away daily!</i>	1 CHOOSE 1 ENTRÉE Salisbury Steak & Gravy w/Roll Crispy Chicken Sandwich Mashed Potatoes Steamed Peas Fruit Selection	2 CHOOSE 1 ENTRÉE Chicken Nachos w/ Toppings <i>Turkey & Cheese Sandwich</i> Chicken Tenders French Fries Steamed Broccoli Fruit Selection	3 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Roasted Pork w/Gravy & Roll</i> Mashed Potatoes Hot Vegetable Fruit Selection <i>V- Blend Juice</i>
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.				
"Smoothies" Flavor of Month (Pillsbury) Strawberry or Banana		Milk	Milk	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 <i>Asian Chicken w/Egg Roll</i> Pulled Pork BBQ Sandwich Chicken Tenders California Asian Blend Vegetables French Fries Fruit Selection	7 Mexico CHOOSE 1 ENTRÉE Nachos w/ Toppings Cheesy Bean Burrito Black Beans & Corn Salsa Steamed Broccoli Wedge Fries Fruit Selection	8 Italy CHOOSE 1 ENTRÉE <i>Spaghetti w/Meat Sauce w/Texas Toast</i> Cheese Stuffed Shell Pasta w/Texas Toast <i>Steamed Mixed Veggies</i> Steamed Peas Fresh Garden Side Salad Fruit Selection	9 Islands CHOOSE 1 ENTRÉE <i>Carribbean Chicken Nachos</i> <i>Pizza Variety</i> <i>Manager's Choice</i> <i>Hot Vegetable</i> Steamed Corn French Fries Fruit Selection	10 EARLY DISMISSAL! ORDER A BAG LUNCH TO GO! 
Milk	Milk	Milk	Milk	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.

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 Fresh Garden Side Salad 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> Cuban Pork & Cheese Wrap Chicken Tenders California Asian Blend Vegetables French Fries Fruit Selection Milk	21 CHOOSE 1 ENTRÉE Nachos w/ Toppings Cheesy Bean Burrito Black Beans & Corn Salsa Steamed Broccoli Wedge Fries Fruit Selection Milk	22 CHOOSE 1 ENTRÉE <i>Spaghetti w/Meat Sauce</i> <i>w/Texas Toast</i> Chicken Sandwich French Fries Hot Vegetable Fresh Garden Side Salad Fruit Selection Milk	23 CHOOSE 1 ENTRÉE Chicken Fajita Melt Nachos <i>Manager's Special</i> Steamed Corn <i>Hot Vegetable</i> 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

Payment Information

	<u>BREAKFAST</u>	<u>LUNCH</u>
FULL PAY	\$1.50	\$2.80
REDUCED PRICE	\$0.30	\$0.40
ADULT	\$1.90	\$3.40
MILK	\$0.50	\$0.50

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

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:

Pat Smith, School Administrative Secretary 540-946-4607 ext.18

or psmith@waynesboro.k12.va.us



Spring Break Begins
 March 27th - March 31st



Spring begins - March 20, 2017



USDA is an equal opportunity provider and employer.

