

MAY 2017

WPS Pre-Kindergarten
BREAKFAST & LUNCH MENU

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS



Weekly Legumes
Each week- Students will be sampling:
1st WK - Kidney Beans
2nd WK- Black Beans
3rd WK- Edamame
4th WK - Chic Peas



May & June is National Dairy Month

3 Reasons kids should try to get 3-A-Day:

- Milk and dairy products are good sources of Calcium, Potassium, and Magnesium - 3 nutrients many kids do not get enough of.
- Eating foods rich in Calcium and Vitamin D plus getting lots of physical activity, will help kids build stronger bones, muscles, and teeth.
- According to the American Academy of Pediatrics, eating calcium-rich foods like milk, cheese, and yogurt, during childhood and adolescence will help build strong bones and reduce the risk of bone fractures and osteoporosis (soft, weakened bones) later in life.

wake up!
School Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast

Assorted WG Cereals w/
Grahams
Chilled or Fresh Fruit
or 100% Fruit Juice

LUNCH

Chicken Tenders
w/Bread Stick
Green Beans
Chilled Fruit
Milk

Breakfast

WG Cinnamon Roll
Chilled or Fresh Fruit
or 100% Fruit Juice

Lunch

WG Cheese Pizza
Steamed Green Peas
Chilled Fruit
Milk

Breakfast

Muffin w/
w/String Cheese
Chilled or Fresh Fruit
or 100% Fruit Juice

Lunch

Chicken Fajita Melt
Fresh Garden Salad
Buttered Corn
Chilled Fruit
Milk

Breakfast

Pillsbury Fruited Parfait
w/Granola
Fresh Fruit
or 100% Fruit Juice

Lunch

Juicy Cheeseburger
on a Bun
Crinkle Cut Fries
Chilled Fruit
Milk

Breakfast

Manager's Special
Chilled or Fresh Fruit
or 100% Fruit Juice

Lunch

Manager's Special
Milk

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

Breakfast

Assorted WG Cereals w/
Grahams
Chilled or Fresh Fruit
or 100% Fruit Juice

LUNCH

Chicken Crispers
Rice w/Peas & Corn
Chilled Fruit
Milk

Breakfast

Breakfast Pizza
Chilled or Fresh Fruit
or 100% Fruit Juice

LUNCH

Turkey & Cheese
Sandwich
Buttered Corn
Fresh Fruit
Milk

Breakfast

Pillsbury Fruited Parfait
w/Granola
Fresh Fruit
or 100% Fruit Juice

Lunch

Calzonettes
California Blend Veggies
Chilled Fruit
Milk

Breakfast

Pillsbury WG Mini
Cinnis
Chilled or Fresh Fruit
or 100% Fruit Juice

Lunch

Spaghetti w/Meat Sauce
Steamed Broccoli
Baby Carrots
Fruited Jello
Milk

Staff Development
Workday!
No School For
Students!







take time for
**school
BREAKFAST**



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <u>Breakfast</u> Manager's Special <u>Lunch</u> Manager's Special Milk	16 <u>Breakfast</u> Manager's Special <u>Lunch</u> Manager's Special Milk	17 <u>Breakfast</u> Manager's Special <u>Lunch</u> Manager's Special Milk	18 <u>Breakfast</u> Manager's Special <u>Lunch</u> Manager's Special Milk	19 <u>Breakfast</u> Manager's Special <u>Lunch</u> Manager's Special

22 <u>Breakfast</u> Manager's Special <u>Lunch</u> Manager's Special Milk	23 <u>Breakfast</u> Manager's Special <u>Lunch</u> Early Dismissal Day! Grab a Lunch To Go!  Milk	Menu Subject To Change!! HAVE A HAPPY & SAFE SUMMER! 	
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29-May-17 Happy Memorial Day! 	Recipe: Field Trip Snacks <p style="text-align: center;"><u>Ingredients: Foam egg cartons</u></p> <p style="text-align: center;"><i>Foil</i></p> <p style="text-align: center;"><i>Stickers and Markers to decorate</i></p> <p style="text-align: center;"><i>Snack items (examples listed below)</i></p> <p>Instructions: Wash hands. Give each child a foam egg carton that had been washed and rinsed with a bleach solution. Line the egg carton with aluminum foil. Allow the children to pack their own carton with food items such as:</p> <ul style="list-style-type: none"> •Croutons •Mini pretzels •Gelatin squares •Dried apples •Banana slices •Hardboiled eggs •Carrot sticks •Celery sticks •Vanilla wafers •Cheese cubes <p style="text-align: right;">(Place the cartons in a large ice chest w/ice & take on the field trips.)</p>
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<p>This institution is an equal opportunity provider.</p>	
<p>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.</p> <p>All other schools will operate the meal program as usual and will require meal applications as in previous years.</p> <p>If you have any questions or need further information, please call the School Nutrition Office:</p> <p>Pat Smith School Nutrition Secretary 540-946-4607 ext. 18 or psmith@waynesboro.k12.va.us</p> <p>or Tammy Coffey School Nutrition Program Manager 540-946-4607 ext. 44 or tcoffey@waynesboro.k12.va.us</p> <p>Adult Prices: All Milk - \$.50 Breakfast -\$1.90 Lunch -\$3.40</p>	<p style="text-align: center;">School Tips for Parents:</p> <p style="text-align: center;">Classroom Parties:</p> <p style="text-align: center;">Recipe: Chocolate Monkey:</p> <p>1 cup low-fat or fat free milk 1 cup ice (more or less for thickness) 2 Tbsp. peanut butter (add 1 Tbsp. for lighter flavor) 1 banana 1 pack sugar-free hot cocoa mix or 1 Tbsp. chocolate syrup</p> <p>Wash hands. In a blender, blend milk and ice together. Add the peanut butter, banana, and chocolate and blend until smooth.</p> <p>This makes a wonderful breakfast or snack. Try other fruits and topping to make many different kinds of breakfast or snack drinks. Substitute other nut butters for children with peanut allergies or peanut-free classrooms.</p>