






<b>NOVEMBER 2016</b>	<b>WPS Elementary School</b>	<b>SCHOOL NUTRITION PROGRAM</b>
WAYNESBORO PUBLIC SCHOOLS	<b>BREAKFAST &amp; LUNCH MENU</b>	<i>Feeding the Future</i>

Nov. 14,28	<b>ENTRÉE: Tony's Breakfast Pizza</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice	Nov.7,21	<b>ENTRÉE: Kellogg's Mini Pancakes</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice
Nov.1,15,29	<b>ENTRÉE: Scrambled Eggs w/Toast</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice	Nov. 8,22	<b>ENTRÉE:Chicken Biscuit</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice
Nov. 2,16,30	<b>ENTRÉE: Muffin w/String Cheese</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice	Nov. 9, 23	<b>ENTRÉE: French Toast Sticks</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice
Nov.3,17,	<b>ENTRÉE: Turkey, Ham N'Cheese Croissant</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice	Nov. 10	<b>ENTRÉE:Sausage Gravy w/Biscuit</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice
Nov.4,18,	<b>ENTRÉE: Sausage Biscuit</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice	Nov. 11	<b>Muffin w/String Cheese</b> <b>FRUIT:</b> 1/2 cup Chilled Fruit & 4oz Fruit Juice



**Offered Daily:** Assorted Whole Grain Cereals w/Grahams or Toast, Fruited Yogurt w/Grahams, Fruited Parfait w/Granola  
 Cocoa Cherry Zee Zee Bar serve w/ Fruited Yogurt or String Cheese,  
 Fresh or Chilled Fruit, 100% Fruit Juice and Choice of Milk, **Menu Varies For Schools serving Breakfast in the Classroom!**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OFFERED DAILY:</b> Chef Salad w/Assorted Breads Chef Salads includes toppings from the salad bar! Smucker's PB&J Uncrustable (combo Meal)	<b>1</b> <b>CHOOSE 1 ENTRÉE</b> Popcorn Chicken Cheesesteak Sub  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u>  Steamed Peas Crunchy Baby Carrots Fresh or Chilled Fruit Milk	<b>2</b> <b>CHOOSE 1 ENTRÉE</b> Spaghetti w/Meat Sauce &Garlic Toast Turkey 'N' Cheese Sub  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Broccoli Fresh Garden Salad Fresh or Chilled Fruit Milk	<b>3</b> <b>CHOOSE 1 ENTRÉE</b> Beef Taco Boat w/ Toppings Pulled Pork BBQ on Bun  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Cheesy refried Beans Buttered Corn Coleslaw Fresh or Chilled Fruit Milk	<b>4</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Hot Veg Fresh Fruit Salad Milk

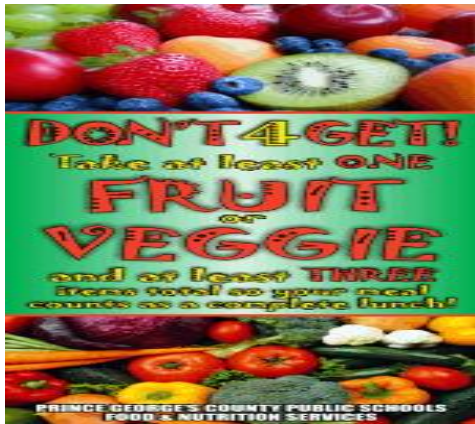
**Each Lunch includes a Choice of Milk - 8 fl oz- Fat free White, 1% White Milk, Fat Free Chocolate**

<b>7</b> <b>CHOOSE 1 ENTRÉE</b> Beefy-Mac'N'Cheese Fish Fry Basket w/Mini Biscuit  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Broccoli Twister Fries Chilled Fruit Milk	<b>8 Election Day!</b> <b>CHOOSE 1 ENTRÉE</b> Chicken Crispers w/ Breadstick Cheese Quesadilla w/ Salsa  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Black Beans orGreen Beans Crunchy Baby Carrots  Petite Banana Chilled Fruit Milk	<b>9</b> <b>CHOOSE 1 ENTRÉE</b> <b>Early Dismissal</b> <b>Order A Bag Lunch To Go!</b>   Milk	<b>10</b> <b>CHOOSE 1 ENTRÉE</b> Cheesy Beef Nachos served w/Salsa & Sour Cream Hot Ham & Cheese Croissant  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Side Salad w/Tomato Buttered Corn Fresh or Chilled Fruit Milk	<b>11</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Hot Veg Fresh Fruit Salad Milk
<b>14</b> <b>CHOOSE 1 ENTRÉE</b> 100 % Beef Patty on WW Bun with or without Cheese Italian Dunkers  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Broccoli Sweet Tater Tots Cinnamon Pears Apple Slices Milk	<b>15</b> <b>CHOOSE 1 ENTRÉE</b> Grilled Cheese w/ Chick'Noodle Soup Side Salad w/Tomato Brown Beans Peaches   Milk	<b>16</b> <b>CHOOSE 1 ENTRÉE</b> <u>Breakfast For Lunch</u>  Bacon & Pancakes w/Fruit, Yogurt & Tater Rounds   Milk	<b>17</b> <b>CHOOSE 1 ENTRÉE</b> <u>Special Holiday Meal</u> Salad Sensations Sliced Turkey w/Gravy & Dinner Roll  <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Mashed Potatoes Green Beans Seasoned Carrots Baked Apples, Pumpkin Pie Milk	<b>18</b> <b>CHOOSE 1 ENTRÉE</b> Manager's Choice  Hot Veg Fresh Fruit Salad Milk



MONDAY		TUESDAY				
<b>21</b>	<p><b>CHOOSE 1 ENTRÉE</b> Country Fried Steak &amp; Gravy w/Dinner Roll Sweet Tater Tots Green Beans Fruit Cup</p> <p style="text-align: center;">Milk</p>	<b>22</b>	<p><b>CHOOSE 1 ENTRÉE</b> Chicken Pot-Pie Steamed Broccoli Brown Beans Applesauce</p> <p style="text-align: center;"> Milk</p>	<b>23</b>	<b>24</b>	<b>25</b>
		<p style="text-align: center;">Happy Thanksgiving!</p> 				

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

<b>28</b>	<p><b>CHOOSE 1 ENTRÉE</b> 100 % Beef Patty on WW Bun with or without Cheese Corn Dog Nuggets <b>Select up to 2 Veggies</b> <b>And 1 Fruit</b> Side Salad w/Tomato Twister Fries Cinnamon Pears Apple Slices Milk</p>	<b>29</b>	<p><b>CHOOSE 1 ENTRÉE</b> Sloppy-Joe Sliders Italian Slammer Sub <b>Select up to 2 Veggies</b> <b>And 1 Fruit</b> Creamy Coleslaw Buttered Corn Orange Slices Chilled Fruit Milk</p>	<b>30</b>	<p><b>CHOOSE 1 ENTRÉE</b> Chicken Bacon Sub Beefy-Mac'N'Cheese <b>Select up to 2 Veggies</b> <b>And 1 Fruit</b> Steamed Carrots Sweet Peas Fruited Jello Chilled Fruit Milk</p>	
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**School Tips for Parents:  
Classroom Parties:**

**HARVEST POPCORN:**  
10 Cups of popped popcorn, 30 dried apple rings (1 lb.), 1/4 Cup sugar  
1 T. cinnamon  
1. Mix together sugar and cinnamon in a small bowl.  
2. In a large bowl or plastic bag toss together popcorn, Dried apples and sugar mixture.  
3. Serves 12



**PAYMENT INFORMATION:**

	<b>BREAKFAST</b>	<b>LUNCH</b>
FULL PAY	\$1.50 daily/\$7.50 weekly	\$2.55 daily/\$12.75 weekly
REDUCED PRICE	\$0.30 daily/&1.50 weekly	\$0.40 daily/\$2.00 weekly
ADULT	\$1.90	\$3.40
MILK	\$0.50	\$0.50



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visit us on the web at: [www.waynesboro.k12.va.us](http://www.waynesboro.k12.va.us)

FOR QUICK & EASY ONLINE PAYMENTS - VISIT [www.myschoolbucks.com](http://www.myschoolbucks.com)

Get in touch with us today to learn more about free and reduced-price meals in our district: 540-946-4600 ext. 18 or

or [psmith@waynesboro.k12.va.us](mailto:psmith@waynesboro.k12.va.us)

