








NOVEMBER 2016	KATE COLLINS MIDDLE SCHOOL BREAKFAST & LUNCH MENU		SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>	
WAYNESBORO PUBLIC SCHOOLS				
<b>Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line</b>		<i>A complete Lunch is: 1 protein/grain entrée, 1/2 cup fruit, 3/4 cup vegetables &amp; one half-pint of milk</i>		
<i>Little Giant's Café: Savory Breakfast Biscuits Cinnamon Roll, Fruited Parfait w/Granola Satisfying Tony's Breakfast Pizza Kellogg's Pop-tarts, Breakfast Buns, Pillsbury Mini Pancakes</i>		<i>We source local products when seasonally available. All of our salads are prepared with locally grown lettuce.</i>		
<i>Variety Breakfast Bars w/Cheese Stick or Yogurt Muffin w/Fruited Yogurt Turkey, Ham &amp; Cheese Croissant Selection of Cold Cereals w/Grahams Breakfast includes choice of entrée, juice, 1 serving of Fruit and choice of milk</i>		<p align="center"><b>Available Daily At Lunch</b></p> <i>Farm Market Salad Bar w/Assorted Breads or Crackers or PB &amp; J Uncrustable</i> <b>BISTRO BOXES:</b> <b>Power Pack: Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice &amp; Carrots</b> <b>Mind &amp; Body Medley: Yogurt, Granola, Raisins &amp; Carrots</b> <b>Trail Blazer: Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots</b> <b>Highlander Munch'Able: Italian Slammer Sub, Sun Chips, Carrots &amp; Fruit Choice</b> <b>Peanut Butter Jelly Time: Uncrustable, Carrots &amp; Fruit Choice</b>		
<b>EACH BREAKFAST &amp; LUNCH INCLUDES A CHOICE OF MILK - 8 FL OZ. FAT FREE WHITE, 1% WHITE &amp; FAT FREE CHOCOLATE</b>				
	<b>1 CHOOSE 1 ENTRÉE</b> Cheeseburger on Bun w/ Lettuce & Tomato Corn Dog Nuggets  Twister Fries Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>2 CHOOSE 1 ENTRÉE</b> Cheese Stuffed Shell Pasta w/ Bread Stick Ham & Cheese Croissant  Wedge Fries Steamed Broccoli Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>3 CHOOSE 1 ENTRÉE</b> Chicken Pot-Pie w/Corn Bread Brown Beans Glazed Carrots Fruit Choices Milk	<b>4 CHOOSE 1 ENTRÉE</b> Pizza Selection Hot Veg/Raw Veggies Fresh Fruit Salad Milk
<b>Daily Menu -You may Choose 1 Entrée, Choose Two Vegetable Sides, Choose One Fruit Sides</b>				
<b>7 CHOOSE 1 ENTRÉE</b> Cheesy Beef Nachos Crispy Chicken Sandwich  Cheesy Refried Beans Potato Wedges Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>8 CHOOSE 1 ENTRÉE</b> Breakfast For Lunch Bacon & Pancakes w/Fruit, Yogurt & Potato Rounds Milk  	<b>9 Early Dismissal !</b> Order A Bag Lunch To Go!  	<b>10 CHOOSE 1 ENTRÉE</b> Chicken Nuggets w/ Dinner Roll Italian Deli Sub  Steamed Broccoli Sweet Tater Tots Romaine Salad w/Tomato Raw Veggie Cup Cinnamon Pears Milk	<b>11 CHOOSE 1 ENTRÉE</b> Pizza Selection Chicken Fajita Wrap  Hot Veg Fresh Fruit Salad Milk
<b>14 CHOOSE 1 ENTRÉE</b> Pulled Pork BBQ Chicken Crispers w/ Breadstick  Baked Beans Creamy Coleslaw Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>15 CHOOSE 1 ENTRÉE</b> Grilled Cheese w/Soup Italian Dunkers  Buttered Peas Tater Tots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>16 CHOOSE 1 ENTRÉE</b> Lasagna Roll Pasta w/ Texas Toast Ham & Cheese Croissant  Steamed Broccoli Baked Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>17 CHOOSE 1 ENTRÉE</b> <u><b>Thanksgiving Meal</b></u> Turkey & Gravy w/ Dinner Roll   Mashed Potatoes Green Beans Glazed Carrots Fruit Choices Dessert: "Pumpkin Pie"  Milk	<b>18 CHOOSE 1 ENTRÉE</b> Pizza Selection Roasted Chicken w/Roll  Hot Veg Fresh Fruit Salad Milk
<p align="center"><b>MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD</b></p>				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>21</b> <b>CHOOSE 1 ENTRÉE</b> Cheesy Beef Nachos Fish Fry Basket  Cheesy Refried Beans Potato Wedges Buttered Corn Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>22</b> <b>CHOOSE 1 ENTRÉE</b> Breakfast For Lunch Bacon & Pancakes w/Fruit, Yogurt & Potato Rounds Milk	<b>23</b>	<b>24</b>	<b>25</b>   
<b>28</b> <b>CHOOSE 1 ENTRÉE</b> Country Fried Steak & Gravy w/Dinner Roll Sandwich Choice  Mashed Potatoes Green Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>29</b> <b>CHOOSE 1 ENTRÉE</b> Grilled Cheese w/ Soup Sandwich Choice  Buttered Peas Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	<b>30</b> <b>CHOOSE 1 ENTRÉE</b> Beefy-Mac' N Cheese w/Bread Stick Chicken Tenders w/ Bread Stick  Steamed Broccoli Romaine Salad w/Tomato Raw Veggie Cup Orange Slices Milk		
<b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b>				

**Why School Breakfast?**  
 Breakfast is the most important meal of the day, replacing the energy reserves used overnight. School-aged children are the biggest "breakfast skippers". Create a nutritious breakfast by including whole grain breads or cereals, fruits and vegetables, milk, yogurt or cheese. Stop by the cafeteria for breakfast to meet all your needs.

**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

<p><b>PAYMENT INFORMATION</b></p> <p><i>WPS SCHOOL NUTRITION FEEDING THE FUTURE</i></p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center;"><b><u>BREAKFAST</u></b></td> <td style="text-align: center;"><b><u>LUNCH</u></b></td> </tr> <tr> <td>Full Pay- \$1.50 Daily/\$7.50 weekly - \$2.80 Daily/\$14.00 weekly</td> <td></td> </tr> <tr> <td>Reduced Price -\$0.30 daily/\$1.50 wkly -\$0.40 Daily/\$2.00 wkly</td> <td></td> </tr> <tr> <td>ADULT \$1.90 Daily</td> <td>\$3.40 Daily</td> </tr> <tr> <td>MILK \$0.50</td> <td>\$0.50</td> </tr> </table> <p><b>FOR QUICK &amp; EASY ONLINE PAYMENTS - visit</b>  <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a></p> <p><b>CONTACT INFORMATION</b>            Tammy Coffey, SNP Manager            Phone: 540-946-4600 ext 44 or  <a href="mailto:tcoffey@waynesboro.k12.va.us">tcoffey@waynesboro.k12.va.us</a>            visit us on the web at:  <a href="http://www.waynesboro.k12.va.us">www.waynesboro.k12.va.us</a></p>	<b><u>BREAKFAST</u></b>	<b><u>LUNCH</u></b>	Full Pay- \$1.50 Daily/\$7.50 weekly - \$2.80 Daily/\$14.00 weekly		Reduced Price -\$0.30 daily/\$1.50 wkly -\$0.40 Daily/\$2.00 wkly		ADULT \$1.90 Daily	\$3.40 Daily	MILK \$0.50	\$0.50	<p>Get in touch with us today to learn more about free and reduced-price meals in our district:            Pat Smith, School Administrative Secretary            540-946-4600 ext.18 or  <a href="mailto:psmith@waynesboro.k12.va.us">psmith@waynesboro.k12.va.us</a></p>
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