

NOVEMBER 2016

**WPS Pre-Kindergarten
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

THROW THE SWITCH

After hours without food, a good breakfast of fruit, lowfat dairy, whole grains, and lean protein gets you fired up for action again. And if you skip breakfast or eat just fat and sugar? Then your mind and body will stay in the dark all day.

**Eat better. Play Harder. Live Healthier. Learn Easier.
Wellness Is A Way Of Life!**






THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Each Breakfast & Lunch includes a choice of milk!</i></p> <p>cow</p>	<p>1</p> <p><u>BREAKFAST</u> Tony's Breakfast Pizza Fresh Fruit</p> <p><u>LUNCH</u> Chicken Crisps Mashed Potatoes Apple Slices</p>	<p>2</p> <p><u>BREAKFAST</u> Pillsbury Cherry Frudel Fresh Fruit</p> <p><u>LUNCH</u> Cheesy Beef Nachos Buttered Corn Orange Grins</p>	<p>3</p> <p><u>BREAKFAST</u> French Toast Sticks Fresh Fruit</p> <p><u>LUNCH</u> Italian Dunkers Side Salad w/Tomato Steamed Broccoli Peaches</p>	<p>4</p> <p><u>BREAKFAST</u> Fruited Parfait w/Granola Fresh Fruit</p> <p><u>LUNCH</u> Breakfast For Lunch Bacon & Pancakes w/ Fruit, Yogurt & Potato Rounds</p>

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

<p>7</p> <p><u>BREAKFAST</u> Assorted WG Cereals w/Grahams Fresh Fruit</p> <p><u>LUNCH</u> Country Fried Steak & Gravy w/Roll Mashed Potatoes Buttered Peas Applesauce</p>	<p>8</p> <p>No School For Students! Staff Developement Workday!</p>	<p>9</p> <p><u>BREAKFAST</u> Cereal Bar w/Cheese Stick Fresh Fruit</p> <p><u>LUNCH</u> Early Dismissal! Order A Bag Lunch To Go!</p>	<p>10</p> <p><u>BREAKFAST</u> Pillsbury Mini Pancakes Fresh Fruit</p> <p><u>LUNCH</u> Beefy-Mac'N Cheese Side Salad w/Tomato Fruit Cups</p>	<p>11</p> <p><u>BREAKFAST</u> Fruited Parfait w/Granola Fresh Fruit</p> <p><u>LUNCH</u> Pizza Variety Hot Veg Fresh Fruit Salad</p>
<p>14</p> <p><u>BREAKFAST</u> Assorted WG Cereals w/Grahams Fresh Fruit</p> <p><u>LUNCH</u> Cheeseburger Sweet Tater Tots Strawberries</p>	<p>15</p> <p><u>BREAKFAST</u> Muffin w/Cheese Stick Fresh Fruit</p> <p><u>LUNCH</u> Hot Ham N Cheese Baked Fries Fruit Cups</p>	<p>16</p> <p><u>BREAKFAST</u> Sausage & Cheese Biscuit Fresh Fruit</p> <p><u>LUNCH</u> Corn Dog Nuggets Steamed Broccoli Cinnamon Pears</p>	<p>17</p> <p><u>BREAKFAST</u> Mini Waffles w/ Syrup Cup Fresh Fruit</p> <p><u>LUNCH</u> <i>Thanksgiving Meal</i> Roasted Turkey w/Gravy & Dinner Roll Mashed Potatoes, Green Beans, Applesauce Pumpkin Pie (sliced)</p>	<p>18</p> <p><u>BREAKFAST</u> Fruited Parfait w/Granola Fresh Fruit</p> <p><u>LUNCH</u> Cheese Quesadilla w/Soup Celery & Carrots Sticks Fresh Fruit Salad</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 BREAKFAST Assorted WG Cereals w/Grahams Fresh Fruit LUNCH Pulled Pork BBQ Baked Beans Southern Slaw Fruit Cups	22 BREAKFAST Fruited Parfait w/Granola Fresh Fruit LUNCH Chicken Nuggets Fries Fruit Cups	23 	24 	25
28 BREAKFAST Assorted WG Cereals w/Graham Crackers Fresh Fruit LUNCH Fish Fry Basket Twister Fries Apple Smiles	29 BREAKFAST <i>Breakfast Chicken Slider</i> Fresh Fruit LUNCH Grilled Cheese w/ Soup Steamed Broccoli Orange Grins	30 BREAKFAST Sausage & Cheese Biscuit Fresh Fruit LUNCH Chicken Pot-Pie Brown Beans Fresh Baby Carrots Fruit Cups		

School Tips for Parents:
 Classroom Parties:
HARVEST POPCORN
 10 C. popped popcorn, 30 dried apple rings (1lb.), 1/4 C. 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

Enjoy what you eat, but eat less of it!
 Avoid really big portions of food
 Eat whole grains as much as possible
 Drink milk that's fat-free or low-fat (1%)
 Choose foods with lower sodium numbers
 Drink water instead of soda or other sugary drinks

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
 or Tammy Coffey School Nutrition Program Manager
540-946-4607 ext. 44 or tcoffey@waynesboro.k12.va.us

Adult Prices:

Breakfast \$1.90
Lunch - \$3.40
Milk: \$.50