

NOVEMBER 2016

**Waynesboro High School
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

*Little Giant's Café: Savory Breakfast Biscuits,
Cinnamon Roll, Fruited Parfait w/Granola
Satisfying Tony's Breakfast Pizza
Kellogg's Pop-tarts, Scrambled Eggs w/Toast
Pillsbury Mini Pancakes or Mini Waffles
Mr J's Bagel w/Cream Cheese
Breakfast Bars w/ 4oz. Yogurt or String Cheese Stick
Muffin w/Fruited Yogurt, Turkey, Ham N' Cheese Croissant
Selection of Cold Cereals w/Grahams*


Breakfast includes choice of entrée, juice,
1 serving of Fruit and choice of milk

Check it out - Grab "n"Go Breakfast after first period. Smoothies Daily


OFFERED DAILY:




Chef Salad w/WG Roll or Bread Sticks- Salad Bar
"Smuckers" PB & J Uncrustable
Fresh Garden Side Salad, Fresh Raw
Veggies, Lettuce-Tomato-Pickle
Selection of Fruit
Mon- Smoked Turkey & Swiss Crossiant
Tues- Club or Veggie Wrap
Wed - Chicken Salad on a Croissant Roll
Thurs -Ham & Cheese Wrap
Fri - Italian Slammer Sub
Offered Daily: 100 % Fruit Juice






	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHOOSE 1 ENTRÉE <i>Beefy-Mac'N Cheese w/Bread Stick B-Y-O Nachos Specialty Grilled Spinach Salad</i> Buttered Corn Glazed Carrots Chilled or Fresh Fruit	2 CHOOSE 1 ENTRÉE <i>Grilled Cheese w/Soup Fish Fry Basket</i> Potatoe Wedges Green Beans Chilled or Fresh Fruit	3 CHOOSE 1 ENTRÉE <i>Pizza Variety Spicy Chicken Breast Sandwich Specialty Taco Salad Bowl</i> Cheesy Refried Beans Steamed Broccoli Sweet Potato Puffs Chilled or Fresh Fruit	4 CHOOSE 1 ENTRÉE <i>Pulled Pork BBQ Buffalo Chicken Wrap Potato Crusted Fish Fillet on WG Bun</i> Southern Creamy Coleslaw Brown Beans Fries Fresh Fruit Salad

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

7 CHOOSE 1 ENTRÉE <i>Pizza Variety Salisbury Steak w/Gravy & Roll Chicken Strips</i> Mashed Potatoes Green Beans Chilled or Fresh Fruit	8 Election Day! CHOOSE 1 ENTRÉE <i>Cheese Stuffed Shell Pasta w/ Bread Stick Chicken Tenders w/Bread Stick</i> Steamed Broccoli Buttered Peas Chilled or Fresh Fruit	9 Early Dismissal! <i>Order a Bag Lunch To Go!</i> 	10 CHOOSE 1 ENTRÉE <i>Pizza Variety Chicken Pot-Pie w/Roll Specialty Taco Salad Bowl</i> Curley Fries California Blend Veggies Chilled or Fresh Fruit	11 CHOOSE 1 ENTRÉE <i>Philly Style Cheese Steak Sub Chicken Fajita w/Rice Potato Bar w/Biscuit</i> Asian Blend Veggies Glazed Carrots Fresh Fruit Salad
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14 CHOOSE 1 ENTRÉE <i>Pizza Variety Bacon Cheeseburger on a WW Bun Chicken Nuggets</i> Curly Fries California Blend Veggies Chilled or Fresh Fruit	15 CHOOSE 1 ENTRÉE <i>Spaghetti w/Meat Sauce & Texas Toast Chicken Sandwich Specialty Grilled Chicken Spinach Salad</i> Steamed Broccoli Baked Fries Chilled or Fresh Fruit	16 CHOOSE 1 ENTRÉE <i>Breakfast For Lunch Bacon & Pancakes w/Fruit, Yogurt & Potato Rounds</i> 	17 CHOOSE 1 ENTRÉE Thanksgiving Meal <i>Turkey & Gravy W/ Dinner Roll</i>  Mashed Potatoes Green Beans Glazed Carrots Cinnamon Pears "Pumpkin Pie" Milk 	18 CHOOSE 1 ENTRÉE <i>Pulled Pork BBQ Buffalo Chicken Wrap Potato Crusted Fish Fillet on WG Bun Southern Creamy Coleslaw Brown Beans Baked Fries</i> Fresh Fruit Salad
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"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 CHOOSE 1 ENTRÉE CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Salisbury Steak w/Gravy & Roll</i> Chicken Strips Mashed Potatoes Green Beans Chilled or Fresh Fruit	22 CHOOSE 1 ENTRÉE Manager's Choice Hot Veg Fresh Fruit Salad Milk	23 	24 	25 

28 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Bacon Cheeseburger on a WW Bun Chicken Nuggets Curly Fries Baked Beans Chilled or Fresh Fruit	29 CHOOSE 1 ENTRÉE Lasagna Roll Pasta w/ Texas Toast Chicken Sandwich Specialty Grilled Chicken Spinach Salad Steamed Broccoli Buttered Corn Chilled or Fresh Fruit	30 CHOOSE 1 ENTRÉE <i>Breakfast For Lunch</i> <i>Bacon & Pancakes w/Fruit, Yogurt & Potato Rounds</i> Chilled or Fresh Fruit	Available Daily: Power Pack : Meat Stick, Mozzarella Stick, Pretzels fruit Choice & Carrots Mind & Body Medley : Yogurt, Granola, Raisins & Carrots Neat-o Nachos : Cheese Dip, slasa, Hummus, WG Scoops & Fruit Choice Trail Blazer : Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots Highlander Munch'Able : <i>Italian Slammer Sub</i> , Sun Chips, Carrots & Fruit Choice Peanut Butter Jelly Time : Uncrustable, Carrots & Fruit Choice
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PAYMENT INFORMATION

	<u>Breakfast</u>	<u>Lunch</u>
Full Pay -	\$1.50	\$2.80
Reduced -	\$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



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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

WHAT'S ON YOUR PLATE?



Dairy

Menus are Subject To Change



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