

SEPTEMBER 2016	WPS ELEMENTARY SCHOOL BREAKFAST & LUNCH MENU	SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>
WAYNESBORO PUBLIC SCHOOLS		


GREAT STARTS WITH BREAKFAST! BREAKFAST HELPS YOU GET BETTER GRADES!

Sept. 19	ENTRÉE: Tony's Breakfast Pizza or Burrito <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>	Sept. 12, 26	ENTRÉE: Kellogg's Mini Pancakes <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>
Sept. 6, 20,	ENTRÉE: Scrambled Eggs w/Toast <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>	Sept. 13,27	ENTRÉE: Warm Croissant w. Cheese Stick & Grapes <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>
Sept. 7,21	ENTRÉE: Muffin w/String Cheese <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>	Sept. 14, 28	ENTRÉE: Mr J'S Blueberry Bagel w/Cream Cheese <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>
Sept. 8,22	ENTRÉE: Turkey, Ham N'Cheese Croissant <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>	Sept. 1,15,29	ENTRÉE: State Fair WG Pancake Sausage Nugget <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>
			ENTRÉE: French toast Dunkers w/Sausage Gravy
Sept. 9,23	ENTRÉE: Chicken Biscuit <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>	Sept. 2, 30	or Waffle Stixs <i>FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice</i>


Offered Daily: Assorted Whole Grain Cereals w/Grahams or Toast, Fruited Yogurt w/Grahams, Parfait w/Granola, Cocoa Chery Zee Zee Bar serve w/ Fruited Yogurt or String Cheese
Fresh or Chilled Fruit, 100% Fruit Juice and Choice of Milk

CELEBRATING	OFFERED DAILY:	THURSDAY	FRIDAY
Healthy Virginians Week! September 19-23, 2016 Featuring Fresh Local Farm Produce Our meals are fantastic for your family in more ways than one. Please join us for breakfast or lunch often!	Chef Salad w/ Assorted Breads Chef Salad includes toppings from Salad Bar Smucker's PB & J Uncrustable (combo meal)  the salad bar	1 CHOOSE 1 ENTRÉE Cheesy Beef Nachos served w/Salsa & Sour Cream Beef & Bean Burrito Select up to 2 Veggies And 1 Fruit Cheesy Refried Beans Steamed Corn Romaine Garden Salad Mandarin Oranges Fresh Fruit Milk	2 CHOOSE 1 ENTRÉE Pizza Variety Select up to 2 Veggies And 1 Fruit Fries Hot Vegetable Fresh Veggie Cup Fresh Fruit Salad Milk

WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE

5  Happy Labor Day! No school for employees and students!	6 CHOOSE 1 ENTRÉE Popcorn Chicken Meatball Sub w/ Mozzarella Cheese Select up to 2 Veggies And 1 Fruit Steamed Peas Crunchy Baby Carrots Fresh Apple Slices Chilled Fruit Milk	7 CHOOSE 1 ENTRÉE Spaghetti w/Meat Sauce &Garlic Toast Turkey "N Cheese Pita Select up to 2 Veggies And 1 Fruit Steamed Broccoli Romaine Garden Salad Fresh Fruit Chilled Fruit Milk	8 CHOOSE 1 ENTRÉE Beef Taco Boat w/ Toppings Pulled Pork BBQ on Bun Select up to 2 Veggies And 1 Fruit Cheesy refried Beans Steamed Corn Lettuce/Diced Tomatoes Sweet Strawberries Chilled Fruit Milk	9 CHOOSE 1 ENTRÉE Pizza Variety Select up to 2 Veggies And 1 Fruit Sweet Potato Tots Hot Vegetable Fresh Veggie Cup Fresh Fruit Salad Milk
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MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS AND EMERGENCY SCHOOL CLOSINGS!
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

<p>12 CHOOSE 1 ENTRÉE Macaroni & Cheese w/ Mini Biscuit Fish Fry Basket w/Mini Biscuit Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Steamed Broccoli Creamy Coleslaw Fresh Fruit Chilled Fruit Milk</p>	<p>13 CHOOSE 1 ENTRÉE Chicken Crispers w/ Breadstick Corn Dog Nuggets Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Green Beans Crunchy Baby Carrots Groovy Grapes Chilled Fruit Milk</p>	<p>14 CHOOSE 1 ENTRÉE Breakfast For Lunch Scrambled Eggs, Sausage, Pancakes Ham, Egg & Cheese English Muffin Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Potato Rounds "Sunset Sip" V-Blend Juice Cinnamon Baked Apples Fresh Fruit Milk</p>	<p>15 CHOOSE 1 ENTRÉE Cheesy Beef Nachos served w/Salsa & Sour Cream Beef & Bean Burrito Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Cheesy Refried Beans Steamed Corn Romaine Garden Salad Mandarin Oranges Fresh Fruit Milk</p>	<p>16 Staff Development Workday No School For Students!</p> 
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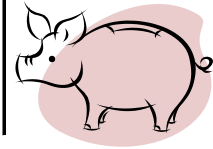
<p>19 CHOOSE 1 ENTRÉE 100% Beef Patty on WW Bun with or without American Cheese Hot Dog on WW Bun</p> <p>Baked Beans Fries Fresh Cut Watermelon Chilled Fruit Milk</p>	<p>20 CHOOSE 1 ENTRÉE Popcorn Chicken Meatball Sub w/ Mozzarella Cheese Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Steamed Peas Crunchy Baby Carrots Fresh Apple Slices Chilled Fruit Milk</p>	<p>21 CHOOSE 1 ENTRÉE Spaghetti w/Meat Sauce &Garlic Toast Turkey "N Cheese Pita Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Steamed Broccoli Romaine Garden Salad Fresh Fruit Chilled Fruit Milk</p>	<p>22 CHOOSE 1 ENTRÉE Beef Taco Boat w/ Toppings Pulled Pork BBQ on Bun Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Cheesy refried Beans Steamed Corn Lettuce/Diced Tomatoes Sweet Strawberries Chilled Fruit Milk</p>	<p>23 CHOOSE 1 ENTRÉE Pizza Variety Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Sweet Potato Tots Hot Vegetable Fresh Veggie Cup Fresh Fruit Salad Milk</p>
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Each Lunch includes a Choice of Milk - 8 fl oz- Fat free White, 1% White Milk, Fat Free Chocolate

<p>26 CHOOSE 1 ENTRÉE Macaroni & Cheese w/ Mini Biscuit Fish Fry Basket w/Mini Biscuit Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Steamed Broccoli Creamy Coleslaw Fresh Fruit Chilled Fruit Milk</p>	<p>27 CHOOSE 1 ENTRÉE Chicken Crispers w/ Breadstick Corn Dog Nuggets Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Green Beans Crunchy Baby Carrots Groovy Grapes Chilled Fruit Milk</p>	<p>28 CHOOSE 1 ENTRÉE Breakfast For Lunch Scrambled Eggs, Sausage, Pancakes Ham, Egg & Cheese English Muffin Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Potato Rounds "Sunset Sip" V-Blend Juice Cinnamon Baked Apples Fresh Fruit Milk</p>	<p>29 CHOOSE 1 ENTRÉE Cheesy Beef Nachos served w/Salsa & Sour Cream Beef & Bean Burrito Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Cheesy Refried Beans Steamed Corn Romaine Garden Salad Mandarin Oranges Fresh Fruit Milk</p>	<p>30 CHOOSE 1 ENTRÉE Pizza Variety Select up to 2 Veggies <u>And 1 Fruit</u></p> <p>Fries Hot Vegetable Fresh Veggie Cup Fresh Fruit Salad Milk</p>
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PAYMENT INFORMATION:

	<u>BREAKFAST</u>	<u>LUNCH</u>
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

FOR QUICK & EASY ONLINE PAYMENTS - VISIT 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 psmith@waynesboro.k12.va.us