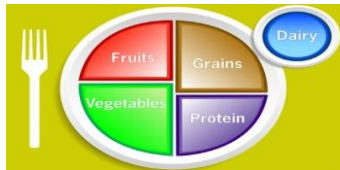


SEPTEMBER 2016	Waynesboro High School BREAKFAST & LUNCH MENU	SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>
WAYNESBORO PUBLIC SCHOOLS		
LITTLE GIANT'S GRAB-N-GO BREAKFAST BUFFET <i>Savory Breakfast Biscuits</i> <i>Egg & Cheese Burrito</i> <i>Satisfying Tony's Breakfast Pizza</i> <i>Kellogg's Pop-tarts</i> <i>Pillsbury Mini Pancakes</i> <i>Mr J's Bagel w/Cream Cheese</i> <i>Cinnamon Roll, Fruited Parfait w/Granola</i> <i>Cocoa Cherry Bar w/ 4oz. Yogurt or String Cheese Stick</i> <i>Muffin w/Fruited Yogurt</i> <i>Selection of Cold Cereals w/Grahams</i> 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		Coming Soon - Check out "New" Bistro assortment boxes to go! 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 - Tuna Salad on a Croissant Roll Thurs -Ham & Cheese Wrap Fri - Italian Slammer Sub Offered Daily: 100 % Fruit Juice



		THURSDAY	FRIDAY
DON'T 4 GET! TAKE AT LEAST ONE FRUIT OR VEGGIE AND AT LEAST THREE ITEMS TOTAL SO YOUR MEAL COUNTS AS A COMPLETE LUNCH! VISIT www.traytalk.org	A complete lunch is: 2 oz. protein, 2 or more servings of grain products, 1 cup serving of fruits, 1 cup serving of vegetables, 8 oz. milk FRUITS AND VEGETABLE OFFERINGS CHANGE DAILY.	1 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Hot Dog on WW Bun</i> <i>Specialty Taco Salad Bowl</i> <i>Zesty Black Beans</i> <i>Steamed Broccoli</i> <i>Fries</i> Chilled or Fresh Fruit	2 CHOOSE 1 ENTRÉE <i>Buffalo Chicken Wrap</i> <i>Potato Crusted Fish Fillet on WG Bun</i> <i>B-Y-O Potato Bar w/WG Biscuit</i> <i>Southern Creamy Coleslaw</i> <i>Potato Wedges</i> <i>Hot Veg'O Day</i> Fresh Fruit Salad



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

5 No school for Students or Staff!	6 CHOOSE 1 ENTRÉE <i>Macaroni & Cheese w/Biscuit</i> <i>B-Y-O Nachos</i> <i>Specialty Grilled Spinach Salad</i> <i>Zesty Black Beans</i> <i>Steamed Peas</i> <i>Steamed Corn</i> Chilled or Fresh Fruit	7 CHOOSE 1 ENTRÉE <i>Meatball & Mozzarella Sub</i> <i>Asian Chicken & Veg Egg Roll w/Rice</i> <i>Asian Blend Veggies</i> <i>Fries</i> Chilled or Fresh Fruit	8 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Chicken Nuggets</i> <i>Specialty Taco Salad Bowl</i> <i>Zesty Black Beans</i> <i>Steamed Broccoli</i> <i>Sweet Potato Puffs</i> Chilled or Fresh Fruit	9 CHOOSE 1 ENTRÉE <i>Philly Style Cheese Steak Sub</i> <i>Chicken Fajita w/Rice</i> <i>B-Y-O Potato Bar w/WG Biscuit</i> <i>Green Beans</i> <i>Hot Vegetable</i> Fresh Fruit Salad
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WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE




September 19-23, 2015 Healthy Virginians Week

Local: Peaches, Plums, Nectarines, Melons, Apples, Pears, Berries
Local: Lettuce, Peppers, Tomatoes, Cucumbers, Onions
Squash, Zucchini

GO LITTLE GIANTS!!!!



This Institution is an equal opportunity provider.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
12 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Salisbury Steak w/Gravy & Roll</i> Chicken Strips Mashed Potatoes Steamed Peas Chilled or Fresh Fruit	13 CHOOSE 1 ENTRÉE Spaghetti w/Meatballs w/Texas Toast Wings & A Biscuit Specialty Grilled Spinach Salad Steamed Broccoli Fries Chilled or Fresh Fruit	14 CHOOSE 1 ENTRÉE <i>Ham, Egg & cheese Breakfast Muffin</i> Breakfast For Lunch Italian Pizza Dippers w/Marinara Sauce <i>Potato Rounds</i> California Blend Veggies Cinnamon Baked Apples Chilled or Fresh Fruit	15 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Breaded Crispy Chicken Sandwich</i> Specialty Taco Salad Bowl <i>Zesty Black Beans</i> Potato Wedges Hot Vegetable Chilled or Fresh Fruit	16 Staff Development Workday No School For Students! 					
MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD									
19 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Bacon Cheeseburger on a WW Bun Chicken Nuggets Baked Beans Fresh Cut Watermelon	20 CHOOSE 1 ENTRÉE <i>Macaroni & Cheese w/Biscuit</i> B-Y-O Nachos Specialty Grilled Spinach Salad <i>Zesty Black Beans</i> Steamed Peas Steamed Corn Fresh Pineapple Chunks	21 CHOOSE 1 ENTRÉE <i>Meatball & Mozzarella Sub</i> Asian Chicken & Veg Egg Roll w/Rice <i>Asian Blend Veggies</i> Fries Fresh Grapes	22 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Spicy Chicken Breast Sandwich</i> Specialty Taco Salad Bowl <i>Zesty Black Beans & Corn</i> Steamed Broccoli Sweet Potato Puffs Local Pears	23 CHOOSE 1 ENTRÉE <i>Pulled Pork BBQ</i> <i>Buffalo Chicken Wrap</i> <i>Potato Crusted Fish Fillet on WG Bun</i> <i>Southern Creamy Coleslaw</i> Seasoned Pinto Beans Fries Fresh Fruit Salad					
26 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Salisbury Steak w/Gravy & Roll</i> Chicken Strips Mashed Potatoes Steamed Peas Chilled or Fresh Fruit	27 CHOOSE 1 ENTRÉE Spaghetti w/Meatballs w/Texas Toast Wings & A Biscuit Specialty Grilled Spinach Salad Steamed Broccoli Fries Chilled or Fresh Fruit	28 CHOOSE 1 ENTRÉE <i>Ham, Egg & cheese Breakfast Muffin</i> Breakfast For Lunch Italian Pizza Dippers w/Marinara Sauce <i>Potato Rounds</i> California Blend Veggies Cinnamon Baked Apples Chilled or Fresh Fruit	29 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Breaded Crispy Chicken Sandwich</i> Specialty Taco Salad Bowl <i>Zesty Black Beans</i> Potato Wedges Hot Vegetable Chilled or Fresh Fruit	30 CHOOSE 1 ENTRÉE <i>Philly Style Cheese Steak Sub</i> Chicken Fajita w/Rice B-Y-O Potato Bar w/WG Biscuit <i>Green Beans</i> Hot Vegetable Fresh Fruit Salad					

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:

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



9/11/2001