



Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line		Offered Daily: Fresh Fruit & 100% Juice Assorted Whole Grain Cereals w/Grahams Cocoa Cherry Bar w/4oz. Fruited Yogurt or String Cheese Mr J's Bagel w/Cream Cheese, Tony's Breakfast Pizza Yogurt Parfait w/Granola
Mondays	Thursdays	
WG Poptarts w/Yogurt Sausage Biscuit Pillsbury WG Frudel	Warm Croissant, Cheese stick & Grapes Waffle Stixs Burrito	
Tuesdays	Fridays	
Burrito Kellogg's WG Mini Pancakes Scrambled Egg's w/Toast	Turkey, Ham N' Cheese Croissant French Toast Dunkers w/Sausage Gravy	
Wednesdays		
Pancake & Sausage Nuggets Breakfast Chicken Slider WG Muffin w/Yogurt		

AVAILABLE DAILY AT LUNCH	THURSDAY	FRIDAY
PB & J Uncrustable Salad Bar w/Assorted Breads or Crackers Coming soon "New" Assortment Bistro Boxes to go!!! 	¹ CHOOSE 1 ENTRÉE Smoked Turkey & Swiss Croissant Salisbury Steak w/Roll Select up to 2 Veggies And 1 Fruit Mashed Potatoes Green Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	² CHOOSE 1 ENTRÉE Pizza Selection Buffalo Chicken Wrap Select up to 2 Veggies And 1 Fruit Seasoned Pinto Beans Potato Wedges Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk

EACH LUNCH INCLUDES A CHOICE OF MILK -8 FL OZ. FAT FREE WHITE, 1% WHITE, & FAT FREE CHOCOLATE

⁵ 	⁶ CHOOSE 1 ENTRÉE Cheeseburger/lett/tom Hot Dog on WW Bun Select up to 2 Veggies And 1 Fruit Baked Beans Steamed Glazed Carrots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	⁷ CHOOSE 1 ENTRÉE Macaroni & Cheese w/Mini Biscuit Fish Fry Basket Select up to 2 Veggies And 1 Fruit Steamed Broccoli Creamy Coleslaw Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	⁸ CHOOSE 1 ENTRÉE Chicken Nuggets w/Snack Mix Meatball & Mozzarella Sub Select up to 2 Veggies And 1 Fruit Green Beans Potato Wedges Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	⁹ CHOOSE 1 ENTRÉE Pizza Selection Crispy Chicken Sandwich Select up to 2 Veggies And 1 Fruit Steamed Corn Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk
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WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE


MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD AND EMERGENCY SCHOOL CLOSINGS!



September 19 -23, 2015 Healthy Virginians Week



Local: Peaches, Berries, Plums, Nectarines,
Melons, Apples, Pears
Local: Lettuce, Peppers, Tomatoes, Cucumbers,
Carrots, Onions, Sweet Potato,

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 CHOOSE 1 ENTRÉE Pizza Dippers w/Pizza Dipping Sauce Grilled Ham & Cheese <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Peas Baked Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	13 CHOOSE 1 ENTRÉE Breakfast For Lunch Ham, Egg & Cheese English Muffin <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Potato Rounds "Sunset Sip" V-Blend Juice Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	14 CHOOSE 1 ENTRÉE Spaghetti & Meatballs w/Texas Toast Italian Deli Sub <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Broccoli Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	15 CHOOSE 1 ENTRÉE Smoked Turkey & Swiss Croissant Salisbury Steak w/Roll <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Mashed Potatoes Green Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	16 Staff Development Workday No School For Students! 

19 CHOOSE 1 ENTRÉE Cheesy Beef Nachos Cheese Quesadilla w/ Salsa <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Refried Beans w/Cheese Potato Wedges Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	20 CHOOSE 1 ENTRÉE Cheeseburger/lett/tom Hot Dog on WW Bun <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Seasoned Pinto Beans Glazed Steamed Carrots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	21 CHOOSE 1 ENTRÉE Macaroni & Cheese w/Mini Biscuit Fish Fry Basket <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Broccoli Creamy Coleslaw Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	22 CHOOSE 1 ENTRÉE Chicken Nuggets w/Snack Mix Meatball & Mozzarella Sub <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Green Beans Potato Wedges Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	23 CHOOSE 1 ENTRÉE Pizza Selection Crispy Chicken Sandwich <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Corn Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk
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26 CHOOSE 1 ENTRÉE Pizza Dippers w/Pizza Dipping Sauce Grilled Ham & Cheese <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Peas Baked Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	27 CHOOSE 1 ENTRÉE Breakfast For Lunch Ham, Egg & Cheese English Muffin <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Potato Rounds "Sunset Sip" V-Blend Juice Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	28 CHOOSE 1 ENTRÉE Spaghetti & Meatballs w/Texas Toast Italian Deli Sub <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Steamed Broccoli Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	29 CHOOSE 1 ENTRÉE Smoked Turkey & Swiss Croissant Salisbury Steak w/Roll <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Mashed Potatoes Green Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	30 CHOOSE 1 ENTRÉE Pizza Selection Buffalo Chicken Wrap <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Seasoned Pinto Beans Potato Wedges Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk
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PAYMENT INFORMATION

WPS SCHOOL NUTRITION FEEDING THE FUTURE

BREAKFAST

LUNCH

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

FOR QUICK & EASY ONLINE PAYMENTS - visit

www.myschoolbucks.com

CONTACT INFORMATION

Tammy Coffey, SNP Manager

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visit us on the web at:

www.waynesboro.k12.va.us



WELCOME SCHOOL NUTRITION MANAGER & STAFF
MANAGER - Anita Lockridge - 540-946-4641
Assistant - Heather Steele



Get in touch with us today to learn more about free and reduced-price meals in our district: Pat Smith, School Nutrition Administrative Secretary
 540-946-4600 ext.18 or
psmith@waynesboro.k12.va.us