



<b>SEPTEMBER 2016</b>	<b>WPS Pre-Kindergarten BREAKFAST &amp; LUNCH MENU</b>	<b>SCHOOL NUTRITION PROGRAM Feeding the Future</b>
<b>WAYNESBORO PUBLIC SCHOOLS</b>		

<p style="text-align: center;">RECIPE: BANANA POPS</p> <p>2 bananas, 1/2 C. peanut butter 1/2 C. wheat germ or graham cracker crumbs, 4 popsicle sticks</p> <ol style="list-style-type: none"> <li>1. Cut peeled bananas in half crosswise</li> <li>2. Insert a popsicle stick in end of each half.</li> <li>3. Freeze banana halves until firm.</li> <li>4. Melt peanut butter by microwving for 45 sec.</li> <li>5. Dip bananas in melted peanut butter and roll in wheat germ or graham cracker crumbs.</li> <li>6. Serves 4</li> </ol>	
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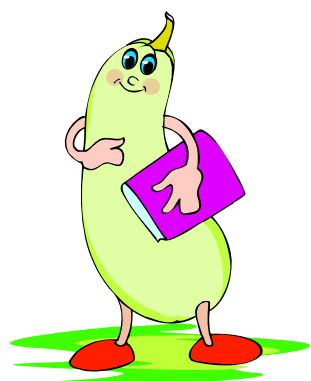
		THURSDAY	FRIDAY		
<p><b>Healthy Virginians Week</b> September 19-23, 2016 <b>Featuring Fresh Local Farm Produce</b> Our meals are fantastic for your family in more ways than one. Please join us for breakfast or lunch often!</p>		<p><b>Offered Daily: Breakfast</b> WG Coco Cherry Bar w/Cheese Stick or Yogurt</p>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>1 Breakfast</b> WG Muffin w/Cheese Stick Chilled or Fresh Fruit or Selection 100% Fruit Juices <b>LUNCH</b></p> <p>Spaghetti w/Meatballs w/Texas Toast Fresh Romaine Salad Fruit Salad <b>Milk</b></p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>2 Staff Development Workday!</b> <b>No School For Students!</b></p>  </td> </tr> </table>	<p><b>1 Breakfast</b> WG Muffin w/Cheese Stick Chilled or Fresh Fruit or Selection 100% Fruit Juices <b>LUNCH</b></p> <p>Spaghetti w/Meatballs w/Texas Toast Fresh Romaine Salad Fruit Salad <b>Milk</b></p>	<p><b>2 Staff Development Workday!</b> <b>No School For Students!</b></p> 
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**EACH LUNCH INCLUDES A CHOICE OF MILK - 8 FL OZ -FAT FREE WHITE, 1% WHITE & FAT FREE CHOCOLATE**

<p><b>5</b></p>  <p>No School for employees and Students!</p>	<p><b>6 Breakfast</b> Tony's Breakfast Pizza Chilled or Fresh Fruit or Selection 100% Fruit Juices <b>LUNCH</b></p> <p>Chicken Nuggets w/ Bread Stick Steamed Broccoli Chilled or Fresh Fruit <b>Milk</b></p>	<p><b>7 Breakfast</b> French Toast Sticks Chilled or Fresh Fruit or Selection 100% Fruit Juices <b>LUNCH</b></p> <p>Breakfast For Lunch Potato Rounds Fruited Jello <b>Milk</b></p>	<p><b>8 Breakfast</b> Fruited Parfait w/ Granola Topping Chilled or Fresh Fruit or Selection 100% Fruit Juices <b>LUNCH</b></p> <p>Macaroni &amp; Cheese w/ Mini Biscuit Steamed Peas Chilled or Fresh Fruit <b>Milk</b></p>	<p><b>9 Breakfast</b> Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices <b>LUNCH</b></p> <p>Variety Pizza Green Beans Fruit Salad <b>Milk</b></p>
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**"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"**

**MENU SUBJECT TO CHANGE DUE TO AVAILBABILITY OF FOOD!**



<p><b>12</b></p> <p><b><u>Breakfast</u></b> Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Hamburger on Bun Baby Carrots w/Dip Chilled or Fresh Fruit Milk</p>	<p><b>13</b></p> <p><b><u>Breakfast</u></b> Warm Croissant w/ Cheese Stick &amp; Grapes Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Fun Fish Sticks Steamed Broccoli Fresh Apple Slices Milk</p>	<p><b>14</b></p> <p><b><u>Breakfast</u></b> WG Mini Pancakes Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Turkey &amp; Cheese Croissant Steamed Peas Mandarin Oranges Milk</p>	<p><b>15</b></p> <p><b><u>Breakfast</u></b> Breakfast Chicken Slider Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Cheesy Beef Nachos w/Toppings Cheesy Refried Beans Steamed Corn Fruit Salad Milk</p>	 <p><b><u>Staff Development Workday!</u></b></p> <p><b><u>No School For Students!</u></b></p>
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<p><b>19</b></p> <p><b><u>Breakfast</u></b> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Crispy Chicken Patty on Swirl Roll Mashed Potatoes <b>Groovy Grapes</b> Milk</p>	<p><b>20</b></p> <p><b><u>Breakfast</u></b> Turkey, Ham N' Cheese Croissant Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Corn Dog Nuggets Baked Beans Hummus w/Veggies <b>Fresh Cut Watermelon</b> Milk</p>	<p><b>21</b></p> <p><b><u>Breakfast</u></b> WG Waffle Stix Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Breakfast For Lunch Potato Rounds Fruited Jello <b>Fresh Blackberries</b> Milk</p>	<p><b>22</b></p> <p><b><u>Breakfast</u></b> Fruited Parfait w/ Granola Topping Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Macaroni &amp; Cheese w/ Mini Biscuit Steamed Peas <b>Sweet Strawberries</b> Milk</p>	<p><b>23</b></p> <p><b><u>Breakfast</u></b> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Variety Pizza Fries <b>Fruit Salad</b> Milk</p>
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<p><b>26</b></p> <p><b><u>Breakfast</u></b> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Hamburger on Bun Baby Carrots w/Dip Chilled or Fresh Fruit Milk</p>	<p><b>27</b></p> <p><b><u>Breakfast</u></b> Bacon, Egg &amp; Cheese Biscuit Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Popcorn Chicken Steamed Broccoli Fresh Apple Slices Milk</p>	<p><b>28</b></p> <p><b><u>Breakfast</u></b> WG Mini Pancakes Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Turkey &amp; Cheese Croissant Steamed Peas Mandarin Oranges Milk</p>	<p><b>29</b></p> <p><b><u>Breakfast</u></b> Chicken on a Slider Roll Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Cheesy Beef Nachos w/Toppings Cheesy Refried Beans Steamed Corn Fruit Salad Milk</p>	<p><b>30</b></p> <p><b><u>Breakfast</u></b> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><b><u>LUNCH</u></b></p> <p>Variety Pizza Sweet Potato Puffs Fruit Salad Milk</p>
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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 a 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 at:  
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

<b>Adult Prices:</b>	
<b>Breakfast</b>	<b>Lunch</b>
\$1.90	\$3.40

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

