

**AUGUST 2016****Kate Collins Middle School  
BREAKFAST & LUNCH MENU****SCHOOL NUTRITION PROGRAM**  
*Feeding the Future*

WAYNESBORO PUBLIC SCHOOLS

OFFER DAILY:	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef Salad w/Salad Bar Toppings w/ Wheat Roll or Crackers PB & J Uncrustable 	<b>9</b> <b>CHOOSE 1 ENTRÉE</b> Manager's Choice Crispy Chicken Sandwich Select up to 2 Veggies And 1 Fruit  Curly Fries Green Beans Cucumber Slices w/Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>10</b> <b>CHOOSE 1 ENTRÉE</b> Macaroni & Cheese w/ Biscuit Pork Egg Roll w/Rice Select up to 2 Veggies And 1 Fruit  Steamed Broccoli Baby Carrots w/ Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>11</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety Steak & Cheese Sub Select up to 2 Veggies And 1 Fruit  Sweet Potato Puffs Baked Beans Red Peppers w/Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>12</b> <b>CHOOSE 1 ENTRÉE</b> Meatball Sub Hot Dog on a Bun Select up to 2 Veggies And 1 Fruit  Baked Fries Coleslaw Romaine Salad w/Tom Chilled & Fresh Fruit Milk
<b>Each Breakfast &amp; Lunch includes a Choice of Milk -8 fl oz -Fat Free White, 1 % White Milk, Fat Free Chocolate</b>				
<b>15</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety Grilled Ham & Cheese Select up to 2 Veggies And 1 Fruit  Golden Corn Cucumber Slices w/Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>16</b> <b>CHOOSE 1 ENTRÉE</b> Cheeseburger/Lett/Tom Sloppy Joe on a Bun Select up to 2 Veggies And 1 Fruit  Baked Fries Baby Carrots w/ Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>17</b> <b>CHOOSE 1 ENTRÉE</b> Spaghetti w/Meat Sauce and Texas Toast Chicken Crispers w/ Texas Toast Select up to 2 Veggies And 1 Fruit Steamed Broccoli Celery w/Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>18</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety Pork Rib Sandwich Select up to 2 Veggies And 1 Fruit  Green Beans Coleslaw Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>19</b> <b>CHOOSE 1 ENTRÉE</b> Teriyaki Bites w/Roll Chicken Fillet Sandwich w/Lettuce & Tomato Select up to 2 Veggies And 1 Fruit Oriental Veggies Steamed Carrots Romaine Salad w/Tom Chilled & Fresh Fruit Milk
<b>"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"</b>				
<b>21</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety Turkey Corn Dog Select up to 2 Veggies And 1 Fruit  Curley Fries Pinto Beans Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>23</b> <b>CHOOSE 1 ENTRÉE</b> Salisbury Steak Italian Slammer Sub w/Lettuce & Tomato Select up to 2 Veggies And 1 Fruit  Mashed Potatoes Baby Carrots w/ Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>24</b> <b>CHOOSE 1 ENTRÉE</b> Macaroni & Cheese w/Biscuit Hot Turkey, Cheese, and Bacon on Bun Select up to 2 Veggies And 1 Fruit Steamed Broccoli Red Peppers w/Dip Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>25</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety Chicken & Waffles w/Syrup Select up to 2 Veggies And 1 Fruit Tater Tots V-Blend Juice Baked Apples Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>26</b> <b>CHOOSE 1 ENTRÉE</b> Cheese Quesadilla w/Salsa Soft Beef Taco w/ Toppings Select up to 2 Veggies And 1 Fruit  Steamed Corn California Blend Veggies Romaine Salad w/Tom Chilled & Fresh Fruit Milk

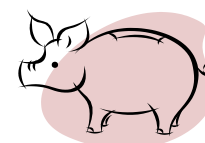
**A Complete Lunch is: One Protein/Grain Entrée, 1/2 Cup Fruit, 3/4 Cup Vegetables, and one Half-Pint of Milk****Students may select less food, but must be served at least 1/2 cup of fruit or vegetable with lunch each day.**

<b>29</b> <b>CHOOSE 1 ENTRÉE</b> Pizza Variety BBQ Sandwich Select up to 2 Veggies And 1 Fruit  Baked Fries Coleslaw Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>30</b> <b>CHOOSE 1 ENTRÉE</b> Nacho Bar Fish Filet Sandwich Select up to 2 Veggies And 1 Fruit  Steamed Corn Raw Veggie Cup Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>31</b> <b>CHOOSE 1 ENTRÉE</b> Baked Potato Bar w/ Bread Stick Chicken Nuggets w/ Roll Select up to 2 Veggies And 1 Fruit Steamed Broccoli Raw Veggie Cup Romaine Salad w/Tom Chilled & Fresh Fruit Milk	<b>Grab n Go Breakfast To Classroom          or Visit the Cafeteria Serving Line</b> <b>Monday - Breakfast Pizza</b> <b>Tuesday - Scrambled Eggs w/Toast</b> <b>Wednesday - Chicken Biscuit or Turkey Sausage</b> <b>Thursday - French Toast</b> <b>Friday - Egg &amp; Cheese Biscuit</b> <b>Offered Daily: Fresh Fruit &amp; 100% Juice</b> <b>Assorted Whole Grain Cereals w/Graham Crackers</b> <b>Cocoa Cherry Bar w/4oz. Fruited Yogurt</b> <b>Mr J's Bagel w/Cream Cheese</b> <b>Strawberry Bagel Bar, Mini Pancakes, Blueberry</b> <b>Waffles, 4oz. Fruited Yogurt Parfait, Poptarts</b> <b>Cherry Or Apple Frudel</b>
<b>PAYMENT INFORMATION</b>			

**BREAKFAST**

**LUNCH**

FULL PAY	\$1.50 daily/\$7.50 weekly	\$2.80 daily/\$14.00 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



WPS SCHOOL NUTRITION FEEDING THE FUTURE

**CONTACT INFORMATION**

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visit us on the web at: [www.waynesboro.k12.va.us](http://www.waynesboro.k12.va.us)

Please keep lunch accounts current.

For easy online payments and conveniently fund and monitor your child's account electronically using [www.myschoolbucks.com](http://www.myschoolbucks.com). Register.

Please keep in mind, there is \$2.50 per transaction fee to add funds through My Schoolbucks.

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](mailto:psmith@waynesboro.k12.va.us)

**This Institution is an equal opportunity provider.**

**Welcome Back!**

**Cafeteria Manager - Anita Lockridge -Contact # - 540-946-4641**

\* All menus are subject to change without notice due to weather, calendar changes and/or product availability\*

