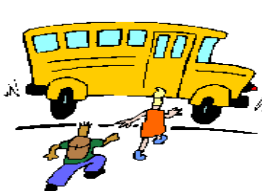


AUGUST 2016	Pre Kindergarten	SCHOOL NUTRITION PROGRAM
WAYNESBORO PUBLIC SCHOOLS	BREAKFAST & LUNCH MENU	<i>Feeding the Future</i>

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p style="text-align: center;"><u>Welcome Back!</u></p> <p>School Nutrition Staff Manager-Melanie Ross Assistant -Becky Grove Deloris Dunn</p> 	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>4oz Fruited Yogurt w/ Bunny Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cheese or Pepperoni Stuffed Pizza Fresh Garden Salad Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>WG Waffle Sticks Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Macaroni & Cheese w/Biscuit Steamed Broccoli Watermelon Cubes Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>WG Sausage Bites Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Taco w/Cheese Steamed Corn Black Beans Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Turkey & Cheese Croissant Curly Fries Chilled or Fresh Fruit 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 style="text-align: center;"><u>BREAKFAST</u></p> <p>Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Chicken Nuggets w/Roll Mashed Potatoes Fresh Baby Carrots w/Dip Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>WG Banaberry Muffin w/Cheese Stick Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>WG Corn Dog Green Beans V-Blend Vegetable Juice Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Crispy Chicken Patty on a Biscuit Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Scrambled Eggs, Sausage & Biscuit Hash Brown Juicy Grapes Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>4 oz. Fruited Yogurt w/ Granola Topping Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Spaghetti w/Meatballs w/Texas Toast Fresh Garden Salad Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Ham & Cheese on a Slider Roll Steamed Peas Chilled or Fresh Fruit Milk</p>
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"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"

<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Popcorn Chicken w/Roll Baked Fries Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Breakfast Pizza Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Turkey Hotdog on a Bun Baked Beans Hummus w/Veggies Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Pillsbury WG Mini Pancakes Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Cheese or Pepperoni Pizza Fresh Garden Salad Fresh Apple Slices Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>4 oz. Fruited Yogurt w/ Bunny Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Macaroni & Cheese w/Biscuit V-Blend Vegetable Juice Chilled or Fresh Fruit Milk</p>	<p style="text-align: center;"><u>BREAKFAST</u></p> <p>Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p style="text-align: center;"><u>LUNCH</u></p> <p>Crispy Chicken Patty on a Slider Roll Steamed Broccoli Chilled or Fresh Fruit 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

<p>29</p> <p><u>BREAKFAST</u> Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> Chicken Crispers w/ Bread Stick Fresh Baby Carrots w/Dip Chilled or Fresh Fruit</p> <p>Milk</p>	<p>30</p> <p><u>BREAKFAST</u> WG French Toast</p> <p>Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> Cheeseburger on a Bun Tater Tots</p> <p>Chilled or Fresh Fruit</p> <p>Milk</p>	<p>31</p> <p><u>BREAKFAST</u> WG Coco Cherry Bar w/Cheese Stick</p> <p>Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> Fun Fish Sticks Steamed Corn</p> <p>Canteloupe Cubes</p> <p>Milk</p>
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5- Minute Activities

Recipe: Banana On a Stick

Ingredients:
Vanilla Yogurt or flavored yogurt
Cookie Crumbs, graham cracker crumbs or granola
Craft Sticks 
Plastic knife, spoon or small spatula for spreading

Instructions: Wash hands. Peel banana & break or cut it in half. Push a craft stick into the flat (cut) end of each banana half. Spread the banana halves w/yogurt. Then roll them in cookie crumbs, graham cracker crumbs or granola. ENJOY!



Recipe: Butterfly Peppers and Dip

Ingredients:
1 bell pepper
1 yellow bell pepper
1 cucumber
Cherry tomatoes
Vegetable dip
Paper plates

Instructions: Wash hands. Cut the peppers into 1/2" thick rounds & cut each round in half. Cut the cucumber into 1/2" thick strips. Arrange 1 cucumber strip on a paper plate to use as the butterfly's body and place two cut peppers on either side of the cucumber as wings. Place a cherry at the top as a head. Have children eat their creations w/low-fat veggie dip or dressing.



Adult Prices:

Breakfast	Lunch
\$1.90	\$3.40