

OCTOBER 2016

**WPS ELEMENTARY SCHOOL
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE



EACH LUNCH INCLUDES A CHOICE OF MILK

National School Lunch Week!
October 10-14
We invite you to eat lunch anytime!
Please sign up ahead of time with Cafeteria Manager!



OFFERED DAILY:
Chef Salad w/Assorted Breads
Chef Salads includes toppings from the salad bar!
Smucker's PB&J Uncrustable (combo Meal)



Cheese Spirit!

October 3-7 Farm To School Week!
Local Favorites:
Showalter's Farm: (local) Apple Cider, Delicious Apples (local) Gala, Gold & Red Mixed (local) Peppers
Stovershop Farm - Variety Lettuces (local) Broccoli, Red Potatoes,

Project Grows coming to Wenonah & William Perry Farm To School Events - Oct-3-7
Check out your School News letter: Dress up Farmer Day, Taste Testing, lots of Exciting Events throughout the week! We Welcome you to stop by and have lunch with your child.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
CHOOSE 1 ENTRÉE
100 % Beef Patty on WW Bun with or without Cheese
Hot Dog on WW Bun
Select up to 2 Veggies
And 1 Fruit

Baked Beans
Fries
Local Apples
Chilled Fruit
Milk

4
CHOOSE 1 ENTRÉE
Popcorn Chicken
Meatball Sub w/ Mozzarella Cheese
Select up to 2 Veggies
And 1 Fruit

Steamed Peas
Crunchy Baby Carrots
Fresh Fruit
Chilled Fruit
Milk

5
CHOOSE 1 ENTRÉE
Spaghetti w/Meat Sauce &Garlic Toast
Turkey "N Cheese Pita
Select up to 2 Veggies
And 1 Fruit

Steamed Broccoli (local)
(local) Fresh Garden Salad
Grapes
Chilled Fruit
Milk

6
CHOOSE 1 ENTRÉE
Beef Taco Boat w/ Toppings
Pulled Pork BBQ on Bun
Select up to 2 Veggies
And 1 Fruit

Cheesy refried Beans
Steamed Corn
Lettuce/Diced Tomatoes
Sweet Strawberries
Chilled Fruit
Milk

7
CHOOSE 1 ENTRÉE
Pizza Variety
Select up to 2 Veggies
And 1 Fruit

(Local) Red Potatoes
Hot Vegetable
(local) Mixed Green Peppers
Fresh Fruit Salad
Milk

10
No School For Students! Staff Development Workday!

11
CHOOSE 1 ENTRÉE
Chicken Crispers w/ Breadstick
Corn Dog Nuggets
Select up to 2 Veggies
And 1 Fruit

Green Beans
Crunchy Baby Carrots
Petite Banana
Chilled Fruit
Milk

12
CHOOSE 1 ENTRÉE
Breakfast For Lunch
Select up to 2 Veggies
And 1 Fruit

Potato Rounds
"Sunset Sip" V-Blend Juice
Cinnamon Baked Apples
Fresh Fruit
Milk

13
CHOOSE 1 ENTRÉE
Cheesy Beef Nachos served w/Salsa & Sour Cream
Beef & Bean Burrito
Select up to 2 Veggies
And 1 Fruit

Cheesy Refried Beans
Steamed Corn
Romaine Garden Salad
Fresh Orange Slices
Fresh Fruit
Milk

14
CHOOSE 1 ENTRÉE
Pizza Variety
Select up to 2 Veggies
And 1 Fruit

Fries
Hot Vegetable
Fresh Veggie Cup
Fresh Fruit Salad
Milk

PAYMENT INFORMATION:

BREAKFAST

LUNCH

FULL PAY \$1.50 daily/\$7.50 weekly
REDUCED PRICE \$0.30 daily/&1.50 weekly
ADULT \$1.90
MILK \$0.50

\$2.55 daily/\$12.75 weekly
\$0.40 daily/\$2.00 weekly
\$3.40
\$0.50

CONTACT INFORMATION: Tammy Coffey

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visit us on the web at: www.waynesboro.k12.va.us
FOR QUICK & EASY ONLINE PAYMENTS - VISIT www.myschoolbucks.com

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



National Popcorn Month:Check it out on

www.popcorn.com
Great recipes: Spicy Rosemary and Thyme Popcorn or Savory Popcorn de Provence.



MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS AND EMERGENCY SCHOOL CLOSINGS!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 CHOOSE 1 ENTRÉE 100 % Beef Patty on WW Bun with or without Cheese Hot Dog on WW Bun Select up to 2 Veggies <u>And 1 Fruit</u> Baked Beans Fries Local Apples Chilled Fruit Milk	18 CHOOSE 1 ENTRÉE Popcorn Chicken Meatball Sub w/ Mozzarella Cheese Select up to 2 Veggies <u>And 1 Fruit</u> Steamed Peas Crunchy Baby Carrots Fresh Blueberries Chilled Fruit Milk	19 CHOOSE 1 ENTRÉE Spaghetti w/Meat Sauce &Garlic Toast Turkey "N Cheese Pita Select up to 2 Veggies <u>And 1 Fruit</u> Steamed Broccoli (local) (local) Fresh Garden Salad Grapes Chilled Fruit Milk	20 CHOOSE 1 ENTRÉE Beef Taco Boat w/ Toppings Pulled Pork BBQ on Bun Select up to 2 Veggies <u>And 1 Fruit</u> Cheesy refried Beans Steamed Corn Lettuce/Diced Tomatoes Sweet Strawberries Chilled Fruit Milk	21 CHOOSE 1 ENTRÉE Pizza Variety Select up to 2 Veggies <u>And 1 Fruit</u> (Local) Red Potatoes Hot Vegetable (local) Mixed Green Peppers Fresh Fruit Salad Milk
24 CHOOSE 1 ENTRÉE (Homemade) Macaroni & Cheese w/Biscuit Fish Fry Basket w/Mini Biscuit Select up to 2 Veggies <u>And 1 Fruit</u> Creamy Coleslaw Fresh Fruit Chilled Fruit Milk	25 CHOOSE 1 ENTRÉE Chicken Crispers w/ Breadstick Corn Dog Nuggets Select up to 2 Veggies <u>And 1 Fruit</u> Green Beans Crunchy Baby Carrots Grapes Chilled Fruit	26 CHOOSE 1 ENTRÉE Breakfast For Lunch Select up to 2 Veggies <u>And 1 Fruit</u> Potato Rounds "Sunset Sip" V-Blend Juice Cinnamon Baked Apples Fresh Fruit	27 CHOOSE 1 ENTRÉE Cheesy Beef Nachos served w/Salsa & Sour Cream Beef & Bean Burrito Select up to 2 Veggies <u>And 1 Fruit</u> Cheesy Refried Beans Steamed Corn Romaine Garden Salad Mandarin Oranges Fresh Fruit	28 CHOOSE 1 ENTRÉE Manager's Special Select up to 2 Veggies <u>And 1 Fruit</u> Fries Hot Vegetable Fresh Veggie Cup Fresh Fruit Salad Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

31 CHOOSE 1 ENTRÉE 100 % Beef Patty on WW Bun with or without Cheese Hot Dog on WW Bun Select up to 2 Veggies <u>And 1 Fruit</u> Baked Beans Local Apples Chilled Fruit		GREAT STARTS WITH BREAKFAST! BREAKFAST HELPS YOU GET BETTER GRADES!	
 Carrot Spirit!	Oct. 3, 17,31	ENTRÉE: Tony's Breakfast Pizza or Burrito	 Apple Spirit  KIWI  Orange Spirit
		FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice	
	Oct. 4, 18	ENTRÉE: Scrambled Eggs w/Toast	
		FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice	
	Oct. 5,19	ENTRÉE: Muffin w/String Cheese	
		FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice	
	Oct. 6, 20	ENTRÉE: Turkey, Ham N'Cheese Croissant	
		FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice	
	Oct. 7, 21	ENTRÉE: Chicken Biscuit	
		FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice	
Oct.24	ENTRÉE: Kellogg's Mini Pancakes		
	FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice		
Oct. 11,25	ENTRÉE: Warm Croissant w. Cheese Stick & Grapes		
	FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice		
Oct. 12,26	ENTRÉE: Mr J'S Blueberry Bagel w/Cream Cheese		
	FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice		
Oct. 13, 27	ENTRÉE:State Fair WG Pancake Sausage Nugget		
	FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice		
	ENTRÉE: French Toast Dunkers w/Syrup		
Oct. 14, 28	Sausage Gravy w/Mini Biscuit		
	FRUIT: 1/2 cup Chilled Fruit & 4oz Fruit Juice		

Offered Daily: Assorted Whole Grain Cereals w/Grahams or Toast, Fruited Yogurt w/Grahams, Parfait w/Granola, Cocoa Chery Zee Zee Bar serve w/ Fruited Yogurt or String Cheese
 Fresh or Chilled Fruit, 100% Fruit Juice and Choice of Milk

