

OCTOBER 2016	WPS Kate Collins Middle School BREAKFAST & LUNCH MENU	SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>
WAYNESBORO PUBLIC SCHOOLS		

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

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	
Tuesdays	Fridays	
Burrito Kellogg's WG Mini Pancakes Scrambled Egg's w/Toast	Turkey, Ham N' Cheese Croissant	
Wednesdays	Available Daily At Lunch Salad Bar w/Assorted Breads or Crackers or PB & J Uncrustable BISTRO BOXES: Power Pack: Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice & Carrots Mind & Body Medley: Yogurt, Granola, Raisins & Carrots Trail Blazer: Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots Highlander Munch'Able: Italian Slammer Sub, Sun Chips, Carrots & Fruit Choice Peanut Butter Jelly Time: Uncrustable, Carrots & Fruit Choice	
Pancake & Sausage Nuggets Breakfast Chicken Slider WG Muffin w/Yogurt	Sausage Gravy w/Biscuit French Toast Sticks	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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	CHOOSE 1 ENTRÉE Cheeseburger/lett/tom Hot Dog on WW Bun <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> Baked Beans Steamed Glazed Carrots Romaine Salad w/Tomato (local) Mixed Peppers Fruit Assortment Milk	CHOOSE 1 ENTRÉE Macaroni & Cheese w/Mini Biscuit Fish Fry Basket <u>Select up to 2 Veggies</u> <u>And 1 Fruit</u> (local) Steamed Broccoli Creamy Coleslaw Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	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	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
10	11	12	13	14
No School For Students! Staff Development Workday! 	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	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	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	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

WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
CHOOSE 1 ENTRÉE Cheesy Beef Nachos Cheese Quesadilla w/ Salsa Select up to 2 Veggies And 1 Fruit Refried Beans w/Cheese Potato Wedges Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	CHOOSE 1 ENTRÉE Cheeseburger/lett/tom Hot Dog on WW Bun Select up to 2 Veggies And 1 Fruit Seasoned Pinto Beans Glazed Steamed Carrots Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	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	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	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

Menus Subject To Change Due To Availability Of Food And Emergency School Closings!

26	27	28	29	30
CHOOSE 1 ENTRÉE Pizza Dippers w/Pizza Dipping Sauce Grilled Ham & Cheese Select up to 2 Veggies And 1 Fruit Steamed Peas Baked Beans Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	CHOOSE 1 ENTRÉE Breakfast For Lunch Ham, Egg & Cheese English Muffin Select up to 2 Veggies And 1 Fruit Potato Rounds "Sunset Sip" V-Blend Juice Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	CHOOSE 1 ENTRÉE Spaghetti & Meatballs w/Texas Toast Italian Deli Sub Select up to 2 Veggies And 1 Fruit Steamed Broccoli Fries Romaine Salad w/Tomato Raw Veggie Cup Fruit Assortment Milk	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	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

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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

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 wklly	-\$0.40 Daily/\$2.00 wklly
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
Phone: 540-946-4600 ext 44 or
tcoffey@waynesboro.k12.va.us
visit us on the web at:
www.waynesboro.k12.va.us

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



National Popcorn Month: Check it out on
www.popcorn.com
Great recipes:
Spicy Rosemary and Thyme Popcorn or Savory Popcorn de Provence.



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

Farm To School Week! October 3-7
Local Favorites:
Showalter's Farm: Apple Cider
Variety (local) Apples
Mixed (local) Peppers
Stovershop Farm - *Variety Luttuces (Churchville)*
Standard Produce & Local Hub
Broccoli, Red Potatoes, Squash

