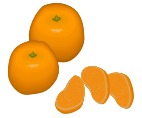


OCTOBER 2016

**WPS Pre-Kindergarten
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS



Classroom Parties:

Birthdays Ambrosia

- 6 Tangerines, peeled
- 1/2 C. miniature marshmallows
- 3/4 lb. purple grapes
- 1. Clean and cut fruit into small pieces.
- 2. Toss together with marshmallows and refrigerate.
- 3. Serves 6.

Nutritional analysis: Total calories 104, fat 0.3 g, protein 1 g, sodium 7 mg, calcium 21 mg, iron 0.3 mg, vitamin A 831 IU, vitamin C 34 mg, fiber 2.3 g, fat + g/oz., added sugar 2% by weight

**October 11-14
National School
Lunch Week!**
We invite you to eat
lunch anytime!
Please sign up ahead
of time with
Cafeteria Manager!



**October 3-7
VIRGINIA FARM TO
SCHOOL WEEK!**

Local Favorites:
(local) Apple Cider,
(local) Gala, Gold & Red
Delicious Apples
From Showalter's Farm
Mixed Peppers, Sweet
Potatoes, Cucumbers,
Broccoli, Summer Squash,
Gold & White Potatoes
Salad Greens -Stovershop
Farm (churchville)



(local Hub)

Each Lunch includes a Choice of Milk - 8 FL OZ - Fat Free White, 1% White & Fat Free Chocolate

3
Breakfast
Assorted WG Cereals
w/Grahams
Chilled or Fresh Fruit or
Selection 100% Fruit
Juices
LUNCH
Crispy Chicken Sandwich
(local) Summer Squash
Chilled Fruit
Milk

4
Breakfast
Tony's Breakfast Pizza
Chilled or Fresh Fruit
or Selection 100% Fruit
Juices
LUNCH
Chicken Nuggets w/
Roll
(Local)Steamed Broccoli
(local) Fresh Apple
Milk

5
Breakfast
French Toast Sticks
Chilled or Fresh Fruit
or Selection 100% Fruit
Juices
LUNCH
Breakfast For Lunch
(local)Baked Sweet Potato
Fruited Jello
Milk

6
Breakfast
Fruited Parfait w/topping
Chilled or Fresh Fruit
or Selection 100% Fruit
Juices
LUNCH
Homemade Macaroni
& Cheese w/ Biscuit
(local) Garden Salad
Chilled or Fresh Fruit
Milk

7
**No School For
Students!
Staff
Development
Workday!**

10
**No School For
Students!
Staff
Development
Workday!**

11
Breakfast
WG French Toast Sticks
Chilled or Fresh Fruit or
Selection 100% Fruit Juices
LUNCH
Fish Fry Basket
Steamed Broccoli
Fresh Apple Slices
Milk

12
Breakfast
WG Mini Pancakes
Chilled or Fresh Fruit
or Selection 100% Fruit
Juices
LUNCH
Turkey & Cheese Croissant
Steamed Peas
Mandarin Oranges
Milk

13
Breakfast
*Breakfast Chicken
Slider*
Chilled or Fresh Fruit
or Selection 100% Fruit
Juices
LUNCH
Cheesy Beef Nachos
Cheesy Refried Beans
Steamed Corn
Chilled or Fresh Fruit
Milk

14
Breakfast
Assorted WG Cereals
w/Graham Crackers
Chilled or Fresh Fruit or
Selection 100% Fruit Juices
LUNCH
Variety Pizza
Sweet Potato Puffs
Fruit Salad
Milk

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



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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Breakfast Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Crispy Chicken Patty on Swirl Roll Mashed Potatoes Fresh Apple Slices Milk	18 Breakfast Turkey, Ham N' Cheese Croissant Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Corn Dog Nuggets Baked Beans Hummus w/Veggies Chilled or Fresh Fruit Milk	19 Breakfast WG Waffle Stix Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Breakfast For Lunch Potato Rounds Fruited Jello Milk	20 Breakfast Fruited Parfait w/ Granola Topping Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Macaroni & Cheese w/ Mini Biscuit Steamed Peas Chilled or Fresh Fruit Milk	21 Breakfast Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Variety Pizza Swirly Fries Fruit Salad Milk
24 Breakfast Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Grilled Cheese w/ Tomato Soup Baby Carrots Chilled Fruit	25 Breakfast WG French Toast Sticks Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Fish Fry Basket Steamed Broccoli Fresh Apple Slices Milk	26 Breakfast WG Mini Pancakes Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Turkey & Cheese Croissant Steamed Peas Mandarin Oranges Milk	27 Breakfast Breakfast Chicken Slider Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Cheesy Beef Nachos Cheesy Refried Beans Steamed Corn Chilled or Fresh Fruit Milk	28 Breakfast Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Variety Pizza Sweet Potato Puffs Fruit Salad Milk

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD

31 BREAKFAST Assorted WG Cereals w/Graham Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices LUNCH Crispy Chicken Patty on Swirl Roll Mashed Potatoes Fresh Apple Slices Milk	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 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	
	Adult Prices:	
	Breakfast \$1.90 Lunch - \$3.40 Milk: \$.50	

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