

OCTOBER 2016

**WPS Waynesboro High School
Breakfast & Lunch Menu**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

*Little Giant's Café: Savory Breakfast Biscuits
Egg & Cheese Burrito
Satisfying Tony's Breakfast Pizza
Kellogg's Pop-tarts
Pillsbury Mini Pancakes
Mr J's Bagel w/Cream Cheese
Cinnamon Roll, Fruited Parfait w/Granola
Cocoa Cherry Bar w/ 4oz. Yogurt or String Cheese Stick
Muffin w/Fruited Yogurt
Selection of Cold Cereals w/Grahams
Breakfast includes choice of entrée, juice,
1 serving of Fruit and choice of milk*



OFFERED DAILY:
Chef Salad w/WG Roll or Bread Sticks- Salad Bar
"Smuckers" PB & J Uncrustable
Fresh Garden Side Salad, Fresh Raw Veggies, Lettuce-Tomato-Pickle Selection of Fruit
Mon- Smoked Turkey & Swiss Crossiant
Tues- Club or Veggie Wrap
Wed - Chicken Salad on a Croissant Roll
Thurs -Ham & Cheese Wrap
Fri - Italian Slammer Sub
Offered Daily: 100 % Fruit Juice



Check it out - Grab "n"Go Breakfast after first period. Smoothies Daily

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October 3-7

Farm To School Week

Local Favorites:

- Apple Cider
- Variety Apples
- Grape Tomatoes
- Onions, Potatoes
- Red & Green Peppers
- Mixed Salad Greens
- Broccoli Florets
- Thanks to: Local Hub
- Showalter's Farm
- Stovershop
- Standard Produce

National Popcorn Month!

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



"Homecoming"

Football Homecoming Game Night!

GO LITTLE GIANTS



Available Daily:

Power Pack : Meat Stick, Mozzarella Stick, Pretzels
fruit Choice & Carrots

Mind & Body Medley: Yogurt, Granola, Raisins & Carrots

Neat-o Nachos : Cheese Dip, slasa, Hummus, WG Scoops & Fruit Choice

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHOOSE 1 ENTRÉE

- Pizza Variety
- Bacon Cheeseburger on a WW Bun
- Chicken Nuggets
- Curly Fries
- California Blend Veggies

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Homemade Macaroni
- Cheese w/Biscuit
- B-Y-O Nachos
- Specialty Grilled Spinach Salad
- Steamed Peas
- Steamed Corn

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Meatball & Mozzarella Sub
- Asian Chicken & Veg Egg Roll w/Rice
- Asian Blend Veggies
- Fries

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Pizza Variety
- Chicken Nuggets
- Specialty Taco Salad Bowl
- Refried Beans
- Steamed Broccoli
- Sweet Potato Puffs

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Philly Style Cheese Steak Sub
- Chicken Fajita w/Rice
- B-Y-O Potato Bar w/WG Biscuit
- Green Beans
- Hot Vegetable

Fresh Fruit Salad

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No School For Students! Staff Development Workday!



CHOOSE 1 ENTRÉE

- Spaghetti w/Meatballs w/Texas Toast
- Chicken Sandwich
- Specialty Grilled Spinach Salad
- Steamed Broccoli Fries

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Breakfast For Lunch
- Italian Pizza Dippers w/Marinara Sauce
- Potato Rounds
- California Blend Veggies
- Cinnamon Baked Apples

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Pizza Variety
- Breaded Crispy Chicken Sandwich
- Specialty Taco Salad Bowl
- Refried Beans
- Potato Wedges
- Hot Vegetable

Chilled or Fresh Fruit

CHOOSE 1 ENTRÉE

- Buffalo Chicken Wrap
- Potato Crusted Fish Fillet on WG Bun
- B-Y-O Potato Bar w/WG Biscuit
- Green Beans
- Hot Vegetable

Fresh Fruit Salad

"WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Bacon Cheeseburger on a WW Bun Chicken Nuggets Curly Fries Green Beans Chilled or Fresh Fruit	18 CHOOSE 1 ENTRÉE <i>Homemade Macaroni</i> Cheese w/Biscuit B-Y-O Nachos Specialty Grilled Spinach Salad Steamed Peas Steamed Corn Chilled or Fresh Fruit	19 CHOOSE 1 ENTRÉE <i>Meatball & Mozzarella Sub</i> Asian Chicken & Veg Egg Roll w/Rice <i>Asian Blend Veggies</i> Fries Chilled or Fresh Fruit	20 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Spicy Chicken Breast Sandwich Specialty Taco Salad Bowl <i>Refried Beans</i> Steamed Broccoli Sweet Potato Puffs Chilled or Fresh Fruit	21 CHOOSE 1 ENTRÉE <i>Pulled Pork BBQ</i> Buffalo Chicken Wrap Potato Crusted Fish Fillet on WG Bun <i>Southern Creamy Coleslaw</i> Seasoned Pinto Beans Fries Fresh Fruit Salad

24 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Salisbury Steak w/Gravy & Roll Chicken Strips Mashed Potatoes Steamed Peas Chilled or Fresh Fruit	27 CHOOSE 1 ENTRÉE Spaghetti w/Meatballs w/Texas Toast Chicken Noodle Soup w/Sandwich choice Grilled Spinach Salad Steamed Broccoli Fries Chilled or Fresh Fruit	28 CHOOSE 1 ENTRÉE <i>Breakfast For Lunch</i> Italian Pizza Dippers w/Marinara Sauce <i>Potato Rounds</i> California Blend Veggies Cinnamon Baked Apples Chilled or Fresh Fruit	29 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Breaded Crispy Chicken Sandwich Specialty Taco Salad Bowl <i>Refried Beans</i> Potato Wedges Hot Vegetable Chilled or Fresh Fruit	30 CHOOSE 1 ENTRÉE <i>Manager's Choice</i> <i>Green Beans</i> Hot Vegetable Fresh Fruit Salad
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31 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> Bacon Cheeseburger on a WW Bun Chicken Nuggets Curly Fries Green Beans Chilled or Fresh Fruit

PAYMENT INFORMATION

	<u>Breakfast</u>	<u>Lunch</u>
Full Pay -	\$1.50	\$2.80
Reduced -	\$0.30	\$0.40
Adult -	\$1.90	\$3.40
Milk -	\$0.50	\$0.50

FOR QUICK AND 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

Get in touch with us today to learn more about free and
 reduced-price meals in our district:
 Pat Smith, School Administrative Secretary 540-946-4607 ext.18
 or psmith@waynesboro.k12.va.us

