



SEPTEMBER 2017		WPS Kate Collins Middle School BREAKFAST & LUNCH MENU		SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>	
WAYNESBORO PUBLIC SCHOOLS					
Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line					
Offered Daily For Breakfast					
Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line		Little Giant's Café			
Pillsbury Biscuit Chicken, Turkey or Sausage, Egg & Cheese Biscuit Tony's Breakfast Pizza, Breakfast Bars w/Cheese Stick, Variety Muffins w/Cheese Stick or 4oz Yogurt, WG Poptart w/Fruit, Fruited Parfaits w/Granola, Pillsbury Cherry Frudel or Mini Cinnis, (Whole Grain Poptart w/fruit & Milk) Pillsbury Strawberry Mini-pull apart Bagel, WG Honey Bun, Bagel w/cream cheese Tuesday's Special - Sausage Gravy w/Biscuits (served on Serving line in the cafeteria, (2 grains, 1 protein) Variety WG General Mills Cereals may served or offer w/Graham crackers or Goldfish crackers Must offer 1 cup of Fruit Choice - Fresh Fruit or Chilled Fruit or 100% Fruit Juice,					
2nd Chance Breakfast - Grab 'n' Go - Coming to soon - Offering breakfast mid morning					
Each Breakfast includes a milk choice.					
AVAILABLE DAILY AT LUNCH					
PB & J Uncrustable		September 11-15		1	
Chef Salad with toppings from Salad Bar w/Assorted Breads or Crackers Lettuce/Tomato/Pickle on Sandwiches Days		Healthy Virginians Week		CHOOSE 1 ENTRÉE Pizza Selection (USDA) Pork BBQ Platter see F-02 Recipe on a Bun Creamy Coleslaw French Fries Green Beans Variety Veggies Fresh or Chilled Fruit	
Mon, Wed, Fri "Highlander Munchable" Box -Italian Slammer includes - Sun Chips, Carrots, Fruit Choice					
4		5		6	
 No School For Students or Staff		CHOOSE 1 ENTRÉE Turkey Taco w/ Lettuce & Diced Tomatoes, Salsa Shredded Cheese, Black Beans,Sour Cream Corn Dog Nuggets Steamed Peas & Rice Buttered Corn Variety Veggies Fresh or Chilled Fruit		CHOOSE 1 ENTRÉE Cheese Stuffed Shell w/ Garlic Texas Toast Spicy Chicken Patty on a Bun Fresh Garden Salad w/Tom Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit	
7		8		9	
		CHOOSE 1 ENTRÉE Chicken Fajita Stir-Fry Cheeseburger Meatloaf w/Bread Stick Mashed Potatoes Hot Vegetable Variety Veggies Fresh or Chilled Fruit		CHOOSE 1 ENTRÉE Pizza Selection (USDA) Pork BBQ Platter see F-02 Recipe on a Bun Creamy Coleslaw French Fries Green Beans Variety Veggies Fresh or Chilled Fruit	
10		11		12	
		CHOOSE 1 ENTRÉE Bacon Cheeseburger Goldkist - Chicken Tenders w/Bread Stick Seasoned Potato Wedges California Blend Veggies Variety Veggies Fresh or Chilled Fruit		CHOOSE 1 ENTRÉE Cheesy Beef Nachos w/ Lettuce & Diced Tomatoes, Salsa, Shredded Cheese, Black Beans, Sour Cream Beef Meatball & Cheese Sub Steamed Peas w/Cheese Buttered Corn Variety Veggies Fresh or Chilled Fruit	
13		14		15	
		CHOOSE 1 ENTRÉE Spaghetti w/ Garlic Toast w/ " Parmesan Cheese " Crispy Chicken Sandwich Fresh Garden Salad w/Tom Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit		CHOOSE 1 ENTRÉE Ham & Cheese Pillsbury Ciabatta Sandwich Salisbury Steak & Gravy w/Bread Stick Hot Vegetable Mashed Potatoes Variety Veggies Fresh or Chilled Fruit	
				CHOOSE 1 ENTRÉE Pizza Selection (USDA) Pork BBQ Platter see F-02 Recipe on a Bun French Fries Green Beans Variety Veggies Fresh or Chilled Fruit	

<p>18</p> <p>Bacon Cheeseburger "Pilgrims"Chicken Nuggets w/Bread Stick</p> <p>Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit</p>	<p>19</p> <p>Turkey Taco w/ Lettuce & Diced Tomatoes, Salsa Shredded Cheese, Black Beans,Sour Cream Corn Dog Nuggets Steamed Peas & Rice Buttered Corn Variety Veggies Fresh or Chilled Fruit</p>	<p>20</p> <p>Cheese Stuffed Shell w/ Garlic Texas Toast Spicy Chicken Patty on a Bun</p> <p>Fresh Garden Salad w/Tom Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit</p>	<p>21</p> <p>Turkey & Cheese Pillsbury Ciabatta Sandwich Salisbury Steak & Gravy</p> <p>Mashed Potatoes Green Beans Variety Veggies Fresh or Chilled Fruit</p>	<p>22</p> <p>Staff Development Workday No School For Students!</p> 
<p>25</p> <p>Bacon Cheeseburger Chicken Tenders w/Bread Stick</p> <p>Seasoned Potato Wedges California Blend Veggies Variety Veggies Fresh or Chilled Fruit</p>	<p>26</p> <p>Cheesy Beef Nachos w/ Lettuce & Diced Tomatoes, Salsa, Shredded Cheese, Black Beans, Sour Cream Steak & Cheese Sub W/Toppings Steamed Peas w/Cheese Buttered Corn Variety Veggies Fresh or Chilled Fruit</p>	<p>27</p> <p>Spaghetti w/ Garlic Toast w/ "Parmesan Cheese" Crispy Chicken Sandwich</p> <p>Fresh Garden Salad w/Tom Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit</p>	<p>28</p> <p><i>Chicken Nuggets w/ Bread Stick</i> Hot Dog w/Chili</p> <p>Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit</p>	<p>29</p> <p>Pizza Selection (USDA) Pork BBQ Platter see F-02 Recipe on a Bun</p> <p>French Fries Green Beans Variety Veggies Fresh or Chilled Fruit</p>