



SEPTEMBER 2017	Waynesboro High School BREAKFAST & LUNCH MENU	SCHOOL NUTRITION PROGRAM <i>Feeding the Future</i>
WAYNESBORO PUBLIC SCHOOLS		

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,
Smoothies -Daily
2nd Chance Breakfast - Grab 'n' Go
Each Breakfast includes a milk choice.

<p>Offered Daily For Lunch PB & J Uncrustable Fresh Garden Chef Lettuce/Tomato/Pickle on Sandwiches Days</p> <p>Each Lunch includes a Milk Choice</p>	<p>A complete lunch is: 2 oz. protein, 2 or more servings of grain products, 1 cup serving of fruits, 1 cup serving of vegetables, 8 oz. milk</p> <p>FRUITS AND VEGETABLE OFFERINGS CHANGE DAILY.</p> <div style="text-align: center;">  </div>		<p>Mon, Wed, Fri "Highlander Munchable" Box -Italian Slammer includes - Sun Chips, Carrots, Fruit Choice</p>	<p>1</p> <p>CHOOSE 1 ENTRÉE Pizza Selection (USDA) Pork BBQ Platter see F-02 Recipe on a Bun</p> <p><i>Potato Wedges</i> <i>Green Beans</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i></p> <p>Fresh Fruit Salad</p>
<div style="text-align: center;">  </div> <p>No school for Students or Staff!</p>	<p>4</p> <p>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</p>	<p>5</p> <p>CHOOSE 1 ENTRÉE 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>6</p> <p>CHOOSE 1 ENTRÉE Chicken Fajita Stir-Fry Cheeseburger Meatloaf w/Bread Stick</p> <p>Mashed Potatoes Hot Vegetable Variety Veggies Fresh or Chilled Fruit</p>	<p>7</p> <p>CHOOSE 1 ENTRÉE 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>
<p>11</p> <p>CHOOSE 1 ENTRÉE Bacon Cheeseburger Goldkist - Chicken Tenders w/Bread Stick</p> <p>Seasoned Potato Wedges California Blend Veggies Variety Veggies Fresh or Chilled Fruit</p>	<p>12</p> <p>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</p>	<p>13</p> <p>CHOOSE 1 ENTRÉE 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>14</p> <p>CHOOSE 1 ENTRÉE Ham & Cheese Pillsbury Ciabatta Sandwich Salisbury Steak & Gravy w/Bread Stick Hot Vegetable Mashed Potatoes Variety Veggies Fresh or Chilled Fruit</p>	<p>15</p> <p>CHOOSE 1 ENTRÉE 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>
<p>18</p> <p>CHOOSE 1 ENTRÉE Bacon Cheeseburger "Pilgrims"Chicken Nuggets w/Bread Stick</p>	<p>19</p> <p>CHOOSE 1 ENTRÉE Turkey Taco w/ Lettuce & Diced Tomatoes, Salsa Shredded Cheese,</p>	<p>20</p> <p>CHOOSE 1 ENTRÉE Cheese Stuffed Shell w/ Garlic Texas Toast Spicy Chicken Patty</p>	<p>21</p> <p>CHOOSE 1 ENTRÉE Turkey & Cheese Pillsbury Ciabatta Sandwich Salisbury Steak & Gravy</p>	<p>22</p> <p>Staff Development Workday No School For Students!</p>

<p>Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit</p>	<p>Black Beans,Sour Cream Corn Dog Nuggets Steamed Peas & Rice Buttered Corn Variety Veggies Fresh or Chilled Fruit</p>	<p>on a Bun Fresh Garden Salad w/Tom Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit</p>	<p>Mashed Potatoes Green Beans Variety Veggies Fresh or Chilled Fruit</p>	
<p>25 CHOOSE 1 ENTRÉE Bacon Cheeseburger Chicken Tenders w/Bread Stick Seasoned Potato Wedges California Blend Veggies Variety Veggies Fresh or Chilled Fruit</p>	<p>26 CHOOSE 1 ENTRÉE 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 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</p>	<p>28 CHOOSE 1 ENTRÉE <i>Chicken Nuggets w/ Bread Stick</i> Hot Dog w/Chili Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit</p>	<p>29 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>