




SEPTEMBER 2017	WPS Pre-Kindergarten BREAKFAST & LUNCH MENU	SCHOOL NUTRITION PROGRAM Feeding the Future
WAYNESBORO PUBLIC SCHOOLS		

	RECIPE: BANANA POPS 2 bananas, 1/2 C. peanut butter 1/2 C. wheat germ or graham cracker crumbs, 4 popsicle sticks 1. Cut peeled bananas in half crosswise 2. Insert a popsicle stick in end of each half. 3. Freeze banana halves until firm. 4. Melt peanut butter by microwving for 45 sec. 5. Dip bananas in melted peanut butter and roll. in wheat germ or graham cracker crumbs. 6. Serves 4	Healthy Virginians Week September 11-15	1 <u>Staff Development Workday!</u> <u>No School For Students!</u> 
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THURSDAY				FRIDAY
4  No School for employees and Students!	5 Breakfast <i>Fresh Fruit Parfait w/Granola Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Popcorn Chicken Steamed Peas Fresh or Chilled Fruit Milk	6 Breakfast WG Muffin w/Cheese <i>Stick Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Spaghetti w/Meat Sauce & Breadstick Steamed Broccoli Fresh or Chilled Fruit Milk	7 Breakfast <i>Egg and Cheese Biscuit Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Turkey & Cheese Rollup w/Sunchips Baby Carrots Fruited Jello Milk	8 Breakfast <i>Tony's Breakfast Pizza Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Cheeseburger on Bun Potato Rounds Fresh or Chilled Fruit Milk

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

11 Breakfast <i>Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH WG Corn Dog California Blend Groovy Grapes Milk	12 Breakfast <i>Fresh Fruit Parfait w/Granola Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Chicken Nuggets Steamed Rice w/ Peas & Corn Fresh Cut Watermelon Milk	13 Breakfast <i>Mini Pancakes Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Macaroni & Cheese w/Biscuit Hummus w/Veggies Garden Salad Fresh Blackberries Milk	14 Breakfast <i>Chicken Biscuit</i> <i>Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Fish Sticks w/ Breadstick French Fries Sweet Strawberries Milk	15 Breakfast <i>Breakfast Bar, Cheese Stick, Grapes</i> LUNCH Turkey & Cheese Rollup w/Goldfish Crackers Fresh Veggies Fresh Fruit Salad Milk
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18 Breakfast Assorted WG Cereals w/Graham Crackers <i>Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Selection of Pizza Buttered Corn Chilled or Fresh Fruit	19 Breakfast <i>Fresh Fruit Parfait w/Granola Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Chicken Tenders Steamed Peas Chilled or Fresh Fruit	20 Breakfast <i>WG Mini Pancakes Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Spaghetti w/Meat Sauce & Breadstick Steamed Broccoli Fresh or Chilled Fruit	21 Breakfast <i>Breakfast Chicken Slider</i> <i>Chilled or Fresh Fruit or Selection 100% Fruit Juices</i> LUNCH Breakfast For Lunch Potato Rounds Fresh or Chilled Fruit	22 <u>Staff Development Workday!</u> <u>No School For Students!</u> 
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Milk	Milk	Milk	Milk	Milk
<p>25</p> <p><u>Breakfast</u> Assorted WG Cereals w/Grahams Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> <i>Hot Dog on Bun</i> <i>French Fries</i> Fresh or Chilled Fruit</p> <p>Milk</p>	<p>26</p> <p><u>Breakfast</u> <i>Fresh Fruit Parfait</i> w/Granola <i>Chilled or Fresh Fruit</i> or <i>Selection 100% Fruit</i> Juices</p> <p><u>LUNCH</u> Crispy Chicken Sandwich Baby Carrots Fresh or Chilled Fruit</p> <p>Milk</p>	<p>27</p> <p><u>Breakfast</u> <i>WG Waffle Stix</i> <i>Chilled or Fresh Fruit</i> or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> Turkey Nachos w/ Toppings w/Black Beans Buttered Corn Fresh or Chilled Fruit</p> <p>Milk</p>	<p>28</p> <p><u>Breakfast</u> <i>Fruited Parfait w/</i> <i>Granola Topping</i> <i>Chilled or Fresh Fruit</i> or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> Sunbutter & Jelly Sandwich Fresh Veggies Fresh or Chilled Fruit</p> <p>Milk</p>	<p>29</p> <p><u>Breakfast</u> <i>Breakfast Bar,</i> <i>Cheese Stick, Grapes</i> Chilled or Fresh Fruit or Selection 100% Fruit Juices</p> <p><u>LUNCH</u> Chicken Quesadilla w/Marinara Sauce Steamed Broccoli Fresh or Chilled Fruit</p> <p>Milk</p>