

OCTOBER 2017

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

SCHOOL NUTRITION PROGRAM
Feeding the Future

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.

National School Lunch Week - October 10-13

October 2-6	OFFERED DAILY: Fresh Garden Chef Salad PB & J Uncrustable NEW-Fiesta Shaker-Black Beans, Corn, Salsa, Lettuce, Shredded Cheddar, Shake it up with Jalenpeno ranch! M, T, F - Highlander Munch' Able: Italian Slammer Sub, Sun Chips, with Carrots & Fruit Choice NEW-Poppin Panini -Warm Italian Seasoned Chicken, with Melty Mozzarella, Tomato and Italian Dressing
Farm To School Week Local Favorites: <i>Apple Cider</i> <i>Variety Apples</i> <i>Grape Tomatoes</i> <i>Onions, Sweet Potatoes</i> <i>Red & Green Peppers</i> <i>Mixed Salad Greens</i> <i>Broccoli Florets</i> <i>Thanks to:</i> <i>Showalter's Farm</i> <i>Stovershop Farm</i> <i>Standard Produce (local)</i>	

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
2 CHOOSE 1 ENTRÉE <i>Steak & Cheese Sub</i> <i>Chicken Crispersw/ Bread Stick</i> <i>Buttered Corn</i> <i>Fries</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	3 CHOOSE 1 ENTRÉE <i>Baked Mac & Cheese w/ Bread Stick</i> <i>Chicken Fajita</i> <i>Garden Salad w/Tomato</i> <i>Green Peas</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	4 CHOOSE 1 ENTRÉE <i>Cheeseburger Meatloaf w/Roll</i> <i>Calzonettes w/Marinara Sauce</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	5 CHOOSE 1 ENTRÉE <i>Turkey & Cheese Sub</i> <i>Chicken Tenders w/ Bread Stick</i> <i>Cheesy Broccoli Florets</i> <i>Sweet Potato (local)</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	6 CHOOSE 1 ENTRÉE <i>Pizza Bar</i> <i>Menu Assortment</i> <i>Fries</i> <i>Hot Vegetable</i> <i>Fresh Fruit Salad</i> <i>Milk</i>
9 No School For Students! Staff Development Workday! National School Lunch Week! October 10-13, 2017	10 CHOOSE 1 ENTRÉE "Parmesan Chicken" w/WG Bread Stick Hot Dog on Bun <i>Sunshine Carrots</i> <i>Baked Beans</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	11 CHOOSE 1 ENTRÉE "Sloppy Joe On Bun" Chicken Nuggets <i>Seasoned Potato Wedges</i> <i>Buttered Corn</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	12 CHOOSE 1 ENTRÉE "Chili & Cheese Nachos" w/Toppings "Poppin Panini" <i>Baked Potato</i> <i>Steamed Broccoli</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> <i>Milk</i>	13 CHOOSE 1 ENTRÉE "Chicken Fajita Wrap" w/Toppings <i>Pizza Bar</i> <i>Menu Assortment</i> <i>Fries</i> <i>Hot Vegetable</i> <i>Fresh Fruit Salad</i> <i>Milk</i>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CHOOSE 1 ENTRÉE Bacon Cheeseburger Chicken Crispers Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	17 CHOOSE 1 ENTRÉE Taco w/ Toppings Corn Dog Nuggets Buttered Corn Steamed Peas Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	18 CHOOSE 1 ENTRÉE Lasagna Roll up w/ Parmesan Bread Stick Spicy Chicken Patty on a Bun Fresh Garden Salad w/Tom French Fries Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit <i>Milk</i>	19 CHOOSE 1 ENTRÉE Salisbury Steak & Gravy w/Roll Fish Sandwich Mashed Potatoes Green Beans Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	20 CHOOSE 1 ENTRÉE Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad <i>Milk</i>

23 CHOOSE 1 ENTRÉE Hot Ham & Cheese Chicken Fillet on Bun Seasoned Potato Wedges California Blend Veggies Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	24 CHOOSE 1 ENTRÉE Cheesy Beef Nachos w/Toppings Toasted Cheese Sandwich Chicken Noodle Soup Buttered Corn Garden Salad Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	25 CHOOSE 1 ENTRÉE Spaghetti w/ Garlic Toast Spicy Chicken Sandwich Fresh Garden Salad w/Tom Steamed Broccoli Baby Carrots w/dip Potato Tots Fresh or Chilled Fruit <i>Milk</i>	26 CHOOSE 1 ENTRÉE Beef Teriyaki Bites Popcorn Chicken Roll Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	27 CHOOSE 1 ENTRÉE Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad <i>Milk</i>
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30 CHOOSE 1 ENTRÉE Bacon Cheeseburger Chicken Tenders w/Bread Stick Baked Beans Potato Rounds Variety Veggies Fresh or Chilled Fruit <i>Milk</i>	31 CHOOSE 1 ENTRÉE Soft Taco w/Toppings Corn Dog Nuggets Buttered Corn Steamed Peas Variety Veggies Fresh or Chilled Fruit <i>Milk</i>
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