

OCTOBER 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 - Offering breakfast mid morning - Startin October 2nd

Each Breakfast includes a milk choice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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>Cheesy Nachos w/ Toppings</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>Cheese Stuffed Shell w/ w/ Garlic Bread Stick</i> <i>Calzonettes w/Marinara</i> <i>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>
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9 No School For Students! Staff Development Workday!	10 CHOOSE 1 ENTRÉE <i>"Parmesan Chicken"</i> <i>w/WG Bread Stick</i> <i>Hot Dog on Bun</i> <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 <i>"Sloppy Joe On Bun"</i> <i>Chicken Nuggets</i> <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 <i>"Chili & Cheese Nachos"</i> <i>w/Toppings</i> <i>"Poppin Panini"</i> <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 <i>"Chicken Fajita Wrap"</i> <i>w/Toppings</i> <i>Pizza Bar</i> <i>Menu Assortment</i> <i>Fries</i> <i>Hot Vegetable</i> <i>Fresh Fruit Salad</i> <i>Milk</i>
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WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE

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	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>

Menus Subject To Change Due To Availability Of Food And Emergency School Closings!

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>	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		
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		October 2-6 Farm To School Week Local Favorites: Apple Cider Variety Apples Grape Tomatoes Onions, Sweet Potatoes Red & Green Peppers Mixed Salad Greens Broccoli Florets Thanks to: Showalter's Farm Stovershop Farm Standard Produce (local)	National Popcorn Month! Check it out on www.popcorn.com Great Recipes: Spicy Rosemary and Thyme Popcorn or Savory Popcorn de Provence 	National School Lunch Week October 10-13 
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