

OCTOBER 2017

**WPS ELEMENTARY SCHOOL
BREAKFAST & LUNCH MENU**

**SCHOOL NUTRITION PROGRAM
Feeding the Future**

WAYNESBORO PUBLIC SCHOOLS

We stock our Grab & Go Cart with a Variety of Wholesome Bundles

*2 Week Cycle Menu Breakfast*Menu Varies For Schools serving Breakfast In The Classroom And Grab n Go Stations*

Mon

Tues

Wed

Thurs

Fri

*Tony's Breakfast Pizza
or Breakfast Burrito
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Pancake & Turkey
Sausage Nugget
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Pillsbury' Cherry Frudel
or Minni Cinnis
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Crispy Chicken Biscuit
or Sausage Biscuit
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Whole Grain Poptart
Mini-Strawberry Bagels
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Tony's Breakfast Pizza
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Egg & Cheese Biscuit
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*French Toast Sticks
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Variety of WG Muffins
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

*Whole Grain Poptart
Fresh or Chilled Fruit
or 100% Fruit Juice
Fruited Parfaits w/Granola*

WG Cereals w/goldfish or graham crackers, Muffins or Breakfast bars, Honey buns served w/4oz. Yogurt or Cheese stick

EACH BREAKFAST & LUNCH INCLUDES A CHOICE OF MILK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
CHOOSE 1 ENTRÉE
*Corn Dog
Fish Sticks
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Tater Tots
Baked Beans
(Local) Veggies w/Ranch
Dressing
Fresh or Chilled Fruit
Milk*

3
CHOOSE 1 ENTRÉE
*Turkey N'Cheese Roll-Up
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Cheesy Broccoli Florets
Sweet Tots
Fresh or Chilled Fruit

Milk*

4
CHOOSE 1 ENTRÉE
*Chicken Nuggets w/
Bread Stick
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Sunshine Carrots
Mashed Potatoes
Fresh or Chilled Fruit


Milk*

5
CHOOSE 1 ENTRÉE
*Chicken Fajita Wrap
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Buttered Corn
Romaine Salad
Fresh or Chilled Fruit

Milk*

6
CHOOSE 1 ENTRÉE
*Pizza Bar
Menu Assortment
Fries
Hot Vegetable
Fresh Fruit Salad

Milk*

9
**No School For
Students!
Staff Development
Workday!**


10
CHOOSE 1 ENTRÉE
*Chicken Tenders w/
Bread Stick
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Green Peas
Variety Veggie Cup
w/Dip
Fresh or Chilled Fruit

Milk*

11
CHOOSE 1 ENTRÉE
*Cheesy Chicken Nachos
w/ Lettuce & Diced
Tomatoes, Salsa, Shredded
Cheese, Black Beans,
Sour Cream
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Buttered Corn, Broccoli
Fresh or Chilled Fruit
Milk*

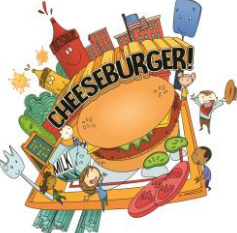
12
CHOOSE 1 ENTRÉE
*Breakfast For Lunch
Pancakes, Sausage &
Eggs
Potato Rounds
Fresh Garden Chef Salad
PB & J Uncrustable
w/Goldfish Crackers &
Cheese Stick
Baby Carrots
Potato Rounds
Fresh or Chilled Fruit
Milk*

13
CHOOSE 1 ENTRÉE
*Pizza Bar
Menu Assortment
Fries
Hot Vegetable
Fresh Fruit Salad


Milk*


**National School
Lunch Week!
October 10-13
We invite you to eat
lunch anytime!
Please sign up ahead
of time with
Cafeteria Manager!**

**VIRGINIA
GROWN**

Farm To School Week!
Local Favorites:
Showalter's Farm:
**(local) Apple Cider,
Delicious Apples
(local) Gala, Gold & Red
Mixed (local) Peppers
Stovershop Farm -
Variety Lettuces
(local) Broccoli, Red
Potatoes,**


Farm To School Week!
Local Favorites:
Showalter's Farm:
**(local) Apple Cider,
Delicious Apples
(local) Gala, Gold & Red
Mixed (local) Peppers
Stovershop Farm -
Variety Lettuces
(local) Broccoli, Red
Potatoes,**


**National Popcorn
Month:Check it out on
www.popcorn.com
Great recipes:
Spicy Rosemary and
Thyme Popcorn or
Savory Popcorn de
Provence.**


**National Popcorn
Month:Check it out on
www.popcorn.com
Great recipes:
Spicy Rosemary and
Thyme Popcorn or
Savory Popcorn de
Provence.**


WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p>CHOOSE 1 ENTRÉE Corn Dog Nuggets Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Baked Beans Baby Carrots w/dip Fresh or Chilled Fruit</p> <p>Milk</p>	<p>17</p> <p>CHOOSE 1 ENTRÉE Popcorn Chicken w/ Bread Stick Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Creamy Mashed Potatoes Variety Veggie Cup Fresh or Chilled Fruit Fresh or Chilled Fruit</p> <p>Milk</p>	<p>18</p> <p>CHOOSE 1 ENTRÉE Spaghetti w/ Garlic w/Bread Stick Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Fresh Garden Salad Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit</p> <p>Milk</p>	<p>19</p> <p>CHOOSE 1 ENTRÉE Grilled Cheese Tomato Soup Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Fresh Garden Salad Cinnamon Steamed Carrots Fresh or Chilled Fruit</p> <p>Milk</p>	<p>20</p> <p>CHOOSE 1 ENTRÉE Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad</p> <p>Milk</p>
<p>23</p> <p>CHOOSE 1 ENTRÉE Cheeseburger on WG Bun Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick French Fries Steamed Baby Carrots Fresh or Chilled Fruit</p> <p>Milk</p>	<p>CHOOSE 1 ENTRÉE Chicken Nuggets w/Bread Stick Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Green Peas Baked Beans Variety Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p>CHOOSE 1 ENTRÉE Chicken Taco w/ Lettuce & Diced Tomatoes, Salsa Shredded Cheese, Black Beans, Sour Cream Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Buttered Corn Steamed Broccoli Fresh or Chilled Fruit</p> <p>Milk</p>	<p>26</p> <p>CHOOSE 1 ENTRÉE Breakfast For Lunch Pancakes, Sausage & Eggs Potato Rounds Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Potato Rounds Variety Veggie Cup Fresh or Chilled Fruit</p> <p>Milk</p>	<p>27</p> <p>CHOOSE 1 ENTRÉE Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad</p> <p>Milk</p>
<p>CHOOSE 1 ENTRÉE Soft Taco w/Toppings Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Tater Tots Baby Carrots w/Dip Fresh or Chilled Fruit</p> <p>Milk</p>	<p>CHOOSE 1 ENTRÉE Crispy Chicken Sandwich Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Green Beans Variety Veggie Cup Fruited Jello or Fresh or Chilled Fruit</p> <p>Milk</p>	 		

