



NOVEMBER 2017	KATE COLLINS MIDDLE SCHOOL	SCHOOL NUTRITION PROGRAM
WAYNESBORO PUBLIC SCHOOLS	BREAKFAST & LUNCH MENU	<i>Feeding the Future</i>

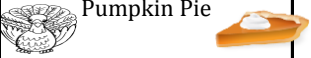
Offered Daily For Breakfast

Grab n Go Breakfast To Classroom or Visit the Cafeteria Serving Line


Pillsbury Biscuit Chicken, Turkey or Sausage, Egg & Cheese Biscuit
 Tony's Breakfast Pizza, Breakfast Bars w/Cheese Stick or 4 oz. Yogurt, Variety Muffins w/Cheese Stick or 4oz Yogurt,
 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, WG Poptart
 Tuesday's Special - Sausage Gravy w/Biscuits (served on Serving line in the cafeteria, (2 grains, 1 protein)
 Variety WG Cereals 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 - Mid morning
 Each Breakfast includes a milk choice.

<p><i>Delicious Fruited Parfait made daily for Breakfast</i></p> 	<p><i>Our Chef Salads & Side Salads - lettuce fresh daily from Stovershop Farm -located in Churchville</i></p>	<p>CHOOSE 1 ENTRÉE Cheese Stuffed Shell w/ w/ Garlic Bread Stick Calzonettes w/Marinara Sauce Mashed Potatoes Green Beans Variety Veggies Fresh or Chilled Fruit</p> <p align="center">Milk</p>	<p>CHOOSE 1 ENTRÉE Turkey & Cheese Sub Chicken Tenders w/ Bread Stick Cheesy Broccoli Florets Sweet Potato Tots Variety Veggies Fresh or Chilled Fruit</p>	<p>CHOOSE 1 ENTRÉE Early Dismissal Day! Order a Lunch To Go!</p> 
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Daily Menu -You may Choose 1 Entrée, Choose Two Vegetable Sides, Choose One Fruit Sides

<p>6 CHOOSE 1 ENTRÉE Hot Ham & Cheese Sandwich Chicken Fillet on Bun Seasoned Potato Wedges California Blend Veggies Fresh Veggie Cup Fresh or Chilled Fruit</p>	<p>7 CHOOSE 1 ENTRÉE Cheesy Beef Nachos w/Toppings Turkey & Cheese Roll-up French Fries Buttered Corn Garden Salad Fresh Veggie Cup Fresh or Chilled Fruit</p>	<p>8 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</p>	<p>9 CHOOSE 1 ENTRÉE Beef Teriyaki Bites Popcorn Chicken Roll Baked Beans Potato Rounds Fresh Veggie Cup Fresh or Chilled Fruit</p> <p align="center">Milk</p>	<p>10 CHOOSE 1 ENTRÉE Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad</p>
<p>13 CHOOSE 1 ENTRÉE Bacon Cheeseburger Chicken Tenders w/Bread Stick Baked Beans Potato Rounds Fresh Veggie Cup Fresh or Chilled Fruit</p> <p align="center">Milk</p>	<p>14 CHOOSE 1 ENTRÉE Soft Taco w/Toppings Corn Dog Nuggets Buttered Corn Fresh Garden Salad Fresh Veggie Cup French Fries Fresh or Chilled Fruit</p> <p align="center">Milk</p>	<p>15 CHOOSE 1 ENTRÉE Chicken Fillet Sandwich Baked Potato Bar w/Chili & Dinner Roll Fresh Garden Salad Steamed Broccoli Fresh Veggie Cup Fresh or Chilled Fruit</p> <p align="center">Milk</p>	<p>16 <i>Holiday Meal</i> CHOOSE 1 ENTRÉE Roast Turkey & Gravy w/Dinner Roll or Stuffing Chicken Nuggets w/Roll Creamy Mashed Potatoes Green Beans Fresh Garden Salad Cinnamon Pears Fresh or Chilled Fruit Pumpkin Pie</p>  <p align="center">Milk</p>	<p>17 CHOOSE 1 ENTRÉE Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad</p>

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 CHOOSE 1 ENTRÉE <i>Hot Ham & Cheese Sandwich</i> <i>Chicken Fillet on Bun</i> <i>Seasoned Potato Wedges</i> <i>California Blend Veggies</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i> Milk	21 CHOOSE 1 ENTRÉE <i>Carribbean Chicken Nachos</i> <i>Menu Assortment</i> <i>Buttered Corn</i> <i>Baked Beans</i> <i>Fresh Veggie Cup</i> <i>French Fries</i> <i>Fresh or Chilled Fruit</i>	22	23	24
				
27 CHOOSE 1 ENTRÉE <i>Bacon Cheeseburger</i> <i>Chicken Tenders w/Bread Stick</i> <i>Baked Beans</i> <i>Potato Rounds</i> <i>Variety Veggies</i> <i>Fresh or Chilled Fruit</i> Milk	28 CHOOSE 1 ENTRÉE <i>Soft Taco w/Toppings</i> <i>Corn Dog Nuggets</i> <i>Buttered Corn</i> <i>Fresh Garden Salad</i> <i>Fresh Veggie Cup</i> <i>French Fries</i> <i>Fresh or Chilled Fruit</i>	29 CHOOSE 1 ENTRÉE <i>Grilled Cheese</i> <i>Chicken Soup</i> <i>Steamed Broccoli</i> <i>Garden Salad</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i>	29 CHOOSE 1 ENTRÉE <i>Hot Roast Beef & Cheese</i> <i>Ciabatta Sandwich</i> <i>Chicken Tenders w/Bread Stick</i> <i>Creamy Mashed Potatoes</i> <i>Green Beans</i> <i>Fresh Garden Salad</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i>	

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Why School Breakfast?
Breakfast is the most important meal of the day, replacing the energy reserves used overnight. School-aged children are the biggest "breakfast skippers". Create a nutritious breakfast by including whole grain breads or cereals, fruits and vegetables, milk, yogurt or cheese. Stop by the cafeteria for breakfast to meet all your needs.

A complete Lunch is: 1 protein/grain entrée, 1/2 cup fruit, 3/4 cup vegetables & one half-pint of milk
We source local products when seasonally available. All of our salads are prepared with locally grown lettuce.

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

- Offered Daily For Lunch**
- Power Pack** : Meat Stick, Mozzarella Stick, Pretzels fruit Choice & Carrots
 - Mind & Body Medley**: Yogurt, Granola, Raisins & Carrots
 - Neat-o Nachos** : Cheese Dip, salsa, Hummus, WG Scoops & Fruit Choice
 - Trail Blazer**: Sunflower Seeds, Raisins, Cheese Stick, Graham Bites, Carrots
 - Highlander Munch' Able**: Italian Slammer Sub, Sun Chips, Carrots & Fruit Choice
 - Peanut Butter Jelly Time** : Uncrustable, Carrots & Fruit Choice
 - Fresh Garden Chef Salad, New Fiesta Shaker Salad

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