

NOVEMBER 2017		WPS Elementary School			SCHOOL NUTRITION PROGRAM	
WAYNESBORO PUBLIC SCHOOLS		BREAKFAST & LUNCH MENU			<i>Feeding the Future</i>	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
1) Tony's Breakfast Pizza Fresh Fruit or 100% Fruit Juice	2) Pancake & Turkey Sausage Nugget Fresh Fruit or 100% Fruit Juice	3) Pillsbury' Cherry Frudel Fresh Fruit or 100% Fruit Juice	4) Crispy Chicken Slider Fresh or Chilled Fruit or 100% Fruit Juice	5) Whole Grain Poptart Fresh Fruit or 100% Fruit Juice		
6) Sausage Slider Fresh Fruit or 100% Fruit Juice	7) WG Mini Pancakes Fresh Fruit or 100% Fruit Juice	8) French Toast Sticks Fresh Fruit or 100% Fruit Juice	9) WG Muffin w/Cheese Stick or 4 oz. Yogurt Fresh Fruit or 100% Fruit Juice	10) Whole Grain Poptart Fresh Fruit or 100% Fruit Juice		
<i>2WEEK CYCLE MENU BREAKFAST</i>						
WE STOCK OUR GRAB & GO CART WITH A VARIETY OF WHOLESOME BREAKFAST BUNDLES						
<i>WG Cereals w/Grahams or Goldfish Crackers, Fruited Parfait w/Granola, WG Cereal Bars served w/ Cheese Stick or 4 oz. Yogurt</i>						
EACH BREAKFAST INCLUDES A CHOICE OF MILK - 8 Fl. Oz., Fat Free White, 1% White, Fat Free Chocolate						
		WEDNESDAY	THURSDAY	FRIDAY		
Delicious Fruited Parfait <i>made daily for Breakfast</i> 		1 Our Chef Salads & Side <i>Salads - lettuce fresh daily from Stovershop Farm -located in Churchville</i>	2 CHOOSE 1 ENTRÉE <i>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</i>	3 CHOOSE 1 ENTRÉE <i>Grilled Cheese Chicken Soup Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Fresh Garden Salad Cinnamon Steamed Carrots Fresh or Chilled Fruit</i>	3 CHOOSE 1 ENTRÉE <i>Early Dismissal Day! Order a Lunch To Go!</i> 	
Each Lunch includes a Choice of Milk - 8 fl oz- Fat free White, 1% White Milk, Fat Free Chocolate						
6 CHOOSE 1 ENTRÉE <i>Macaroni & Cheese w/Mini Biscuit Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Steamed Spinach Fresh Garden Salad Fresh or Chilled Fruit</i>	7 CHOOSE 1 ENTRÉE <i>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</i>	8 CHOOSE 1 ENTRÉE <i>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, Veggie Cup Fresh or Chilled Fruit</i>	9 CHOOSE 1 ENTRÉE Breakfast For Lunch <i>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</i>	10 CHOOSE 1 ENTRÉE <i>Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad</i>		
13 CHOOSE 1 ENTRÉE <i>Cheeseburger on Bun Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Baked Beans Sweet Tots Veggie Cup w/Dip Fresh or Chilled Fruit</i>	14 CHOOSE 1 ENTRÉE <i>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</i>	15 CHOOSE 1 ENTRÉE <i>Spaghetti w/ Garlic w/Bread Stick Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Fresh Garden Salad Steamed Broccoli Fresh or Chilled Fruit</i>	16 <i>Special Holiday Meal</i> CHOOSE 1 ENTRÉE Roast Turkey & Gravy w/Dinner Roll or Stuffing Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Mashed Potatoes Green Beans or Carrots Fresh or Chilled Fruit Pumpkin Pie Milk 	17 CHOOSE 1 ENTRÉE <i>Pizza Bar Menu Assortment Fries Hot Vegetable Fresh Fruit Salad</i>		

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOOD



MONDAY		TUESDAY						
20	<p>CHOOSE 1 ENTRÉE Corn Dog Nuggets Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Steamed Broccoli Baby Carrots w/dip Fresh or Chilled Fruit</p>	21	<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</p>	23		24	<p>Happy Thanksgiving!</p>	25

WE BUY LOCAL AND SERVE FRESH LOCAL PRODUCE WHENEVER POSSIBLE

27	<p>CHOOSE 1 ENTRÉE Cheeseburger on WG Bun Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick Baked Beans, French Fries Steamed Baby Carrots Fresh or Chilled Fruit</p>	28	<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>	29	<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 Fresh or Chilled Fruit</p>	30	<p>CHOOSE 1 ENTRÉE Turkey & Cheese Roll-Up Fresh Garden Chef Salad PB & J Uncrustable w/Goldfish Crackers & Cheese Stick French Fries Steamed Broccoli Fresh or Chilled Fruit</p>
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**School Tips for Parents:
 Classroom Parties:**

HARVEST POPCORN:

- 10 Cups of popped popcorn, 30 dried apple rings (1 lb.), 1/4 Cup sugar
 1 T. cinnamon
- Mix together sugar and cinnamon in a small bowl.
 - In a large bowl or plastic bag toss together popcorn, Dried apples and sugar mixture.
 - Serves 12