

**JANUARY 2018**

**WPS Pre-Kindergarten  
BREAKFAST & LUNCH MENU**

**SCHOOL NUTRITION PROGRAM**  
*Feeding the Future*

**WAYNESBORO PUBLIC SCHOOLS**

**Why is Breakfast Important?**

\*Breakfast is essential to "waking up" your brain & body  
\*Studies have shown that hungry students do not learn well.

**School Breakfast?**

School breakfast is available to all students. Breakfast is available in all schools beginning the first day of school. Breakfast served at school meets one-fourth of a child's daily nutritional needs.

**January- Oatmeal Month**

Did you know that oats, along w/wheat, corn and rice, are among the most common Whole Grains eaten in America? Like other Whole Grains, oats can enhance Digestive health, help you maintain a healthy weight and reduced the risk of heart disease, some cancers and diabetes.

**Steps Families Can Take to Be Active and Move!!**

1. Give children toys that help them to be active: balls, kites, and jump ropes
2. Let children join a sports team or try a new physical activity
3. Limit TV time and keep the TV out of a Child's bedroom

For more information and tips go to:

<http://www.letsmove.gov/active-families>

**EACH LUNCH INCLUDES A CHOICE OF MILK- 8 Fl oz. -Fat Free White, 1% White Milk, Fat Free Chocolate**

1



2

**Staff Development  
Workday!**  
**NO SCHOOL FOR  
STUDENTS AND  
STAFF**



3

**Breakfast**  
*Breakfast Pizza  
Chilled or Fresh Fruit*

**LUNCH**  
*Spaghetti w/Meat  
Sauce & Garlic Bread Stick  
Steamed Broccoli  
Fresh or Chilled Fruit  
Milk*

4

**Breakfast**  
*French Toast Sticks  
Chilled or Fresh Fruit*

**LUNCH**  
*Salisbury Steak & Gravy  
Mashed Potatoes  
Steamed Peas  
Peaches  
Milk*

5

**Breakfast**  
*Assorted WG Cereals  
w/Graham Crackers OR  
Goldfish Crackers  
Chilled or Fresh Fruit*

**LUNCH**  
*Chicken Nuggets  
Hot Vegetable  
Applesauce  
Milk*

**Menu subject to change due to any unforeseen circumstances.**

8

**Breakfast**  
*Assorted WG Cereals  
w/Graham Crackers OR  
Goldfish Crackers  
Chilled or Fresh Fruit*

**Lunch**  
*Hot Dog on Bun  
French Fries  
Fresh or Chilled Fruit  
Milk*

9

**Breakfast**  
*Sausage Biscuit  
Chilled or Fresh Fruit*

**Lunch**  
*Beefy-Mac "N Cheese  
w/Garlic Bread Stick  
Fresh Garden Salad  
Chilled or Fresh Fruit  
Milk*

10

**Breakfast**  
*Crispy Chicken Slider  
Chilled or Fresh Fruit*

**Lunch**  
*Walking Taco  
w/Toppings(Black Beans)  
Buttered Corn  
Chilled or Fresh Fruit  
Milk*

11

**Breakfast**  
*Muffin w/Cheese Stick  
Chilled or Fresh Fruit*

**Lunch**  
*Popcorn Chicken  
Mashed Potatoes  
Steamed Peas  
Chilled or Fresh Fruit  
Milk*

12

**Breakfast**  
*Assorted WG Cereals  
w/Graham Crackers OR  
Goldfish Crackers  
Chilled or Fresh Fruit*

**Lunch**  
*Pizza Variety  
Steamed Broccoli  
Fruit Salad  
Milk*

**January is National Soup Month!**




School delays and closings are unavoidable this time of year. For information and updates visit our web site: [www.waynesboro.k12.va.us](http://www.waynesboro.k12.va.us)

**School Delay? Need Breakfast? No Problem.**  
Waynesboro Public Schools all serve hot breakfast on school days with one hour delays. In the event of a two hour delay - breakfast may be served. Lunch will follow the regular schedule those days.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p><b>HOLIDAY!</b> <b>NO SCHOOL FOR STUDENTS AND STAFF</b></p> 	<p>16</p> <p><b>Breakfast</b> <i>Fresh Fruit Parfait w/Granola</i> <i>Chilled or Fresh Fruit</i></p> <p><b>Lunch</b> <i>Chicken Crispers</i> <i>Harvest Moon Carrots</i> <i>Baked Beans</i> <i>Cinnamon Pears</i> <i>Milk</i></p>	<p>17</p> <p><b>Breakfast</b> <i>WG Blueberry Poptart w/Cheese Stick</i> <i>Chilled or Fresh Fruit</i></p> <p><b>Lunch</b> <i>Cheese Quesadilla</i> <i>Buttered Corn</i> <i>Fresh Garden Salad</i> <i>Groovy Grapes</i> <i>Milk</i></p>	<p>18</p> <p><b>Breakfast</b> <i>Mini Pancakes</i> <i>Chilled or Fresh Fruit</i></p> <p><b>Lunch</b> <i>Chicken w/ Waffle Bites</i> <i>Hot Vegetable</i> <i>Applesauce</i>  <i>Milk</i></p>	<p>19</p> <p><b>Breakfast</b> <i>Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers</i> <i>Chilled or Fresh Fruit</i></p> <p><b>Lunch</b> <i>Pizza Variety</i> <i>Steamed Broccoli</i> <i>Fruit Salad</i> <i>Milk</i></p>
<p>22</p> <p><b>Breakfast</b> <i>Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers</i> <i>Chilled or Fresh Fruit</i></p> <p><b>LUNCH</b> <i>Cheesy Boss Burger</i> <i>Green Beans</i> <i>Strawberries</i>  <i>Milk</i></p>	<p>23</p> <p><b>Breakfast</b> <i>Egg N' Cheese Biscuit</i> <i>Chilled or Fresh Fruit</i></p> <p><b>LUNCH</b> <i>Beef Nachos</i> <i>Buttered Corn</i> <i>Chilled or Fresh Fruit</i>  <i>Milk</i></p>	<p>24</p> <p><b>Breakfast</b> <i>Tony's Breakfast Pizza</i> <i>Chilled or Fresh Fruit</i></p> <p><b>LUNCH</b> <i>Ham N Cheese Melt</i> <i>Sweet Peas</i> <i>Fresh Baby Carrots</i> <i>Chilled or Fresh Fruit</i>  <i>Milk</i></p>	<p>25</p> <p><b>Breakfast</b> <i>Turkey, Ham N' Cheese Croissant</i> <i>Chilled or Fresh Fruit</i></p> <p><b>Lunch</b> <i>Italian Dunkers w/ Marinara Sauce</i> <i>Steamed Broccoli</i> <i>Chilled or Fresh Fruit</i> <i>Milk</i></p>	<p>26</p> <p><b>Breakfast</b> <b>Staff Development Workday!</b> <b>No School for Students!</b></p>
<p>29</p> <p><b>Breakfast</b> <i>Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers</i> <i>Chilled or Fresh Fruit</i></p> <p><b>LUNCH</b> <i>Hot Dog on WG Bun</i> <i>French Fries</i> <i>Chilled or Fresh Fruit</i> <i>Milk</i></p>	<p>30</p> <p><b>Breakfast</b> <i>Fresh Fruit Parfait w/Granola</i> <i>Chilled or Fresh Fruit</i></p> <p><b>LUNCH</b> <i>Chicken Nuggets</i> <i>Mashed Potatoes</i> <i>Chilled or Fresh Fruit</i>  <i>Milk</i></p>	<p>31</p> <p><b>Breakfast</b> <i>French Toast Sticks</i> <i>Chilled or Fresh Fruit</i></p> <p><b>Lunch</b> <i>Toasted Cheese Sandwich</i> <i>Manager Choice Soup</i> <i>Chilled or Fresh Fruit</i>  <i>Milk</i></p>		
<p>Warm your family this month with this Taste of Home recipe: Quick Chili (8 Servings) (Information &amp; Tips for Parents) Ingredients: 1 pound ground beef 1 cup diced onion 2 cans (16 ounces each) kidney beans, rinsed and drained 2 cans (14-1/2 ounces each) diced tomatoes, undrained 1 celery rib, diced 1 teaspoon salt 1 teaspoon pepper 1/2 teaspoon chili powder 1/4 to 1/2 teaspoon crushed red pepper flakes (optional) Directions: In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until heated through. Serve with cornbread or biscuits &amp; enjoy!!</p>				