

JANUARY 2018

**Waynesboro High School
BREAKFAST & LUNCH MENU**

SCHOOL NUTRITION PROGRAM
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

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, Bacon, Egg & Cheese Slider
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, WG Poptart
Variety WG Cereals w/Graham crackers or Goldfish crackers

Choose 1 entrée

Choose 2 Fruits - 1/2 cup

Chilled Fruit, Fresh Whole

Fruit, 4 Fl. Oz. Fruit Juice

Smoothies -Daily

2nd Chance Breakfast - Grab 'n' Go

Each Breakfast includes a milk choice.

Choose 1 Milk - 8 fl oz Fat Free White Milk, 8 fl oz 1% White Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY


1

Holiday!
No school for Staff and Students!
HAPPY NEW YEAR!



2

NO SCHOOL FOR STUDENTS!
Staff Development Workday!



3

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

Milk

4

CHOOSE 1 ENTRÉE
Ham N Cheese Melt
Chicken Nuggets w/Roll
Mashed Potatoes
Green Beans
Fresh Veggie Cup
Fresh or Chilled Fruit

Milk

5

CHOOSE 1 ENTRÉE
Pizza Variety
Menu Assortment
Hot Vegetable
Fruit Selection

Milk

MENU SUBJECT TO CHANGE DUE TO ANY UNFORSEEN CIRCUMSTANCES.

8

CHOOSE 1 ENTRÉE
Bacon Cheeseburger
Chicken Tenders w/Bread Stick
Baked Beans
Potato Rounds
Fresh Veggie Cup
Fresh or Chilled Fruit

Milk

9

CHOOSE 1 ENTRÉE
Cheesy Beef Nachos w/Toppings
Steak & Cheese Sub
French Fries
Buttered Corn
Garden Salad
Fresh Veggie Cup
Fresh or Chilled Fruit

Milk

10

CHOOSE 1 ENTRÉE
Beefy-Mac 'N Cheese
Hot Italian Meatball Sub
Potato Wedges
Steamed Broccoli
Fresh Veggie Cup
Fresh or Chilled Fruit

Milk

11

CHOOSE 1 ENTRÉE
Breakfast For Lunch
Chicken Nuggets w/Waffle Bites
Cheesy Calzones
Harvest Moon Carrots
Potato Rounds
Fresh Veggie Cup
Fresh or Chilled Fruit

Milk

12

CHOOSE 1 ENTRÉE
Pizza Variety
Menu Assortment
Hot Vegetable
Fruit Selection


Milk

All entrees are contain or are served with Whole Grain Rich Component.
A complete lunch is: 1 protein/grain entrée, 1/2 cup cup fruit, 3/4 cup vegetables & one half-pint of milk. Students may select less food, but must be served at least 1/2 cup fruit or vegetable with lunch each day.
We accommodate vegetarian requests with advanced planning.

BABY
It's
COLD
OUTSIDE



ZingerBog.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p>HOLIDAY! NO SCHOOL FOR STUDENTS AND STAFF</p> 	<p>16</p> <p>CHOOSE 1 ENTRÉE <i>Cowboy Chili w/Roll</i> <i>Chicken Tenders</i> <i>Steamed Broccoli</i> <i>Potato Wedges</i> <i>Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>17</p> <p>CHOOSE 1 ENTRÉE <i>Spaghetti w/ Garlic Toast</i> <i>Spicy Chicken Sandwich</i> <i>Fresh Garden Salad w/Tom</i> <i>Steamed Peas</i> <i>Baby Carrots w/dip</i> <i>Potato Tots</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>18</p> <p>CHOOSE 1 ENTRÉE <i>Salisbury Steak & Gravy</i> <i>Ham & Cheese Melt</i> <i>Mashed Potatoes</i> <i>Green Beans</i> <i>Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>19</p> <p>CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Menu Assortment</i> <i>Hot Vegetable</i> <i>Fruit Selection</i></p> <p>Milk</p>
<p>22</p> <p>CHOOSE 1 ENTRÉE <i>Bacon Cheeseburger</i> <i>Chicken Tenders w/Bread Stick</i> <i>Baked Beans</i> <i>Potato Rounds</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>23</p> <p>CHOOSE 1 ENTRÉE <i>Cheesy Beef Nachos w/Toppings</i> <i>Turkey & Cheese Sub</i> <i>French Fries</i> <i>Buttered Corn</i> <i>Garden Salad</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>24</p> <p>CHOOSE 1 ENTRÉE <i>Cheesy Ravioli w/ Tomato Sauce w/ Bread Stick</i> <i>Hot Italian Meatball Sub</i> <i>Fresh Garden Salad</i> <i>Buttered Corn</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>25</p> <p>CHOOSE 1 ENTRÉE <i>Breakfast For Lunch</i> <i>Chicken Nuggets w/ Waffle Bites</i> <i>Cheesy Calzones</i> <i>Harvest Moon Carrots</i> <i>Potato Rounds</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>26</p> <p>CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Menu Assortment</i> <i>Hot Vegetable</i> <i>Fruit Selection</i></p> <p>Milk</p>
<p>We source local products when seasonally available. All of our salads are prepared w/locally grown lettuces.</p>				
<p>29</p> <p>CHOOSE 1 ENTRÉE <i>Hot Dog w/Chili Beans</i> <i>Chicken Crispers</i> <i>Baked Beans</i> <i>Potato Wedges</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>30</p> <p>CHOOSE 1 ENTRÉE <i>Grilled Cheese</i> <i>Manager's Choice Soup</i> <i>Steamed Broccoli</i> <i>Fresh Garden Salad</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>31</p> <p>CHOOSE 1 ENTRÉE <i>Asian Chicken w/Rice</i> <i>Egg Roll</i> <i>Spicy Chicken Sandwich</i> <i>Stirfry Vegetables</i> <i>French Fries</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i></p> <p>Milk</p>	<p>Offered Daily For Lunch</p> <p>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</p>	
<p>School Delay? Need Breakfast? No Problem.</p> <p>WPS all serve hot breakfast on school days with one or two hour delays.</p>			<p>Offered Daily For Lunch Featured Entrée Salad</p>	