

MARCH 2018**Waynesboro High School
BREAKFAST & LUNCH MENU****SCHOOL NUTRITION PROGRAM
Feeding the Future**

WAYNESBORO PUBLIC SCHOOLS

Offered Daily:

Offered Daily For Breakfast/Grab n Go Breakfast

Fresh Garden Chef Entrée Salad**Fresh Raw Veggies***All entrees are contain or are served***Lettuce/Tomato/Pickle, (Sandwiches or with Whole Grain Rich Component.****Bistro Boxes Are a Complete Meal:****PowerPack: Meat Stick, Mozzarella Stick, Pretzels, Fruit Choice & Carrots****Little /Giant's Lunch Box: Italian Slammer Sub or Wrap, w/Sun Chips, Carrots & Fruit Choice****Peanut Butter Jelly Time: Un-Crustable, Carrots, Fruit****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.****To classroom or Visit the Cafeteria Serving Line**Savory Breakfast Biscuits, Pillsbury Strawberry Mini-pull apart Bagel, Tony's Breakfast Pizza, WG Cinn Bun, Pillsbury Apple or Cherry Frudels, Egg & Cheese Muffin, Mini Pancakes or Mini Waffles , Fruited Parfaits w/Granola Pillsbury Breakfast Bars w/4oz. Yogurt or String Cheese Muffin w/ 4 oz. Yogurt or String Cheese Stick, Pillsbury Mini Cinnis, Kellogg's WG Poptarts, Selection of Cold Cereals w/ Grahams
Breakfast includes Choice of entrée, 100 % Fruit Juice, 1 serving of Fruit and Choice of Milk**Check it out -Grab "n"Go Breakfast after First Period. "Second Chance "10:00 am****THURSDAY****FRIDAY****National School
Breakfast Week
March 5 - 9, 2018****Why is Breakfast Important?**

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

What is 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.

"Smoothies" Flavor of Month

Strawberry or Banana**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

CHOOSE 1 ENTRÉE

Pizza Variety
Menu Assortment
Hot Vegetable
Fruit Selection

Milk

EACH LUNCH INCLUDES A CHOICE OF MILK: All milk is Non-Fat or Low Fat, Available in White or Chocolate!**5****CHOOSE 1 ENTRÉE**

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

Milk

6**CHOOSE 1 ENTRÉE**

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

Milk

7**CHOOSE 1 ENTRÉE**

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

Milk

8**CHOOSE 1 ENTRÉE**

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

Milk

9**EARLY DISMISSAL!
ORDER A BAG LUNCH
TO GO!**

Milk

WPS believes that no child should go hungry or miss a school meal due to outstanding balances or meal charges. An alternate meal will be provided to any child owing monies for meal charges or having a zero balance on their meal account. If you are having difficulties paying account balances please contact either Tammy Coffey at 540-946-4600 ext.144 or Pat Smith at 540-946-4600 ext. 118 for assistance.

- Please make every effort to keep your child's account in good standing.
- Account balances can be viewed online through Café Prepay or you may ask your school's Cafeteria Manager.
- For your convenience www.myschoolbucks.com is available for making payments to student school meal accounts.

The Nutrition Staff of Waynesboro Public Schools strive to provide healthy and nutritious meals for all students to help them perform their best in the learning environment. We encourage parents to visit the school cafeteria and enjoy a lunch or breakfast with your child. We welcome your feedback on the meals and menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 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> Milk	13 CHOOSE 1 ENTRÉE <i>Pork Roast w/Gravy & Roll</i> <i>Chicken Sandwich</i> <i>Mashed Potatoes</i> <i>Steamed Broccoli</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i> Milk	14 CHOOSE 1 ENTRÉE <u>Breakfast For Lunch</u> <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> Milk	15 CHOOSE 1 ENTRÉE <i>Hot Dog w/Chili Beans</i> <i>Chicken Crispers</i> <i>Potato Wedges</i> <i>Steamed Peas</i> <i>Fresh Veggie Cup</i> <i>Fresh or Chilled Fruit</i> Milk	16 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Menu Assortment</i> <i>Hot Vegetable</i> <i>Fruit Selection</i> Milk
19 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> Milk	20 CHOOSE 1 ENTRÉE <i>Grilled Cheese</i> <i>Manager's Choice Soup</i> <i>Hot Turkey & Cheese Melt</i> <i>Steamed Broccoli</i> <i>Potato Wedges</i> <i>Veggie Cup</i> <i>Fresh or Chilled Fruit</i> Milk	21 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> Milk	22 CHOOSE 1 ENTRÉE <i>Hamburger 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> Milk	23 CHOOSE 1 ENTRÉE <i>Pizza Variety</i> <i>Menu Assortment</i> <i>Hot Vegetable</i> <i>Fruit Selection</i> Milk



MARCH 5 -9



Spring Break Begins

March 26th - March 30th -Returned on April 2nd

Spring begins - March 20, 2017

