

MARCH 2018

WPS Pre-Kindergarten  
BREAKFAST & LUNCH MENU

SCHOOL NUTRITION PROGRAM  
Feeding the Future

WAYNESBORO PUBLIC SCHOOLS

MAKE THE GRADE WITH SCHOOL BREAKFAST

Why is Breakfast Important?

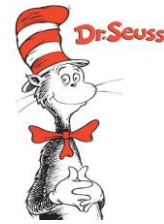
- Breakfast is essential to "waking up" your brain & body
- Studies have shown that hungry students do not learn well.

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.

We truly love him in a house.  
We truly love him with a mouse.  
We truly love him here or there.  
We truly love him anywhere.

Dr. Seuss' Birthday March 1, 2, 2018



Read Across America Day - March 2, 2018


We truly love the silly goose.  
We truly love old Dr. Seuss!

		THURSDAY	FRIDAY
National School Breakfast Week March 5th - 9th		<b>1</b> <b>Breakfast</b> WG French Toast Sicks Chilled or Fresh Fruit or 100% Fruit Juice <b>Lunch</b> Cat in the Hat Dr. Seuss Specialty Manager's Special  Milk	<b>2</b> <b>Breakfast</b> Manager's Special  <b>Lunch</b> Celebrating Dr. Seuss' Green Eggs & Ham w/ WG Mini Waffle Bites Tater Tots/ Celery Sticks Tater Tots/ Celery Sticks Green Jello w/Fruit or Kiwi Fruit



National School Breakfast Week

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

<b>5</b> <b>Breakfast</b> Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers Chilled or Fresh Fruit  <b>Lunch</b> Hot Dog on Bun Tater Tots Fresh or Chilled Fruit Milk	<b>6</b> <b>Breakfast</b> Egg N' Cheese Biscuit Chilled or Fresh Fruit  <b>Lunch</b> Beefy-Mac "N Cheese w/Garlic Bread Stick Fresh Garden Salad Chilled or Fresh Fruit Milk	<b>7</b> <b>Breakfast</b> Crispy Chicken Slider Chilled or Fresh Fruit  <b>Lunch</b> Walking Taco w/Toppings(Black Beans) Buttered Corn Chilled or Fresh Fruit Milk	<b>8</b> <b>Breakfast</b> Muffin w/Cheese Stick Chilled or Fresh Fruit  <b>Lunch</b> Popcorn Chicken Mashed Potatoes Steamed Peas Chilled or Fresh Fruit Milk	<b>9</b> Staff Development Workday! No School for Students!  
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Recipe: Fruity Flowers

Ingredients: Variety of easy to handle fresh or dried fruit (apples, bananas, orange sliced into appropriate shapes before hand)

Fruit leather or roll-up (precut leaves and stems)

Paper Plates

Fruit Dip (optional)

Instructions: Wash hands. After discussing the importance of healthy snacks, children create a healthy flower snack using a variety of cut fruits to form the petals of the flower arranged on a paper plate. Fruit leather can be cut for flower leaves and stems. Add a dollop of fruit dip or yogurt at the base of each flower to represent the soil.

this is a perfect way to introduce different kinds of fruit and provide an opportunity for them to sample them. This is a great way to combine science, health, nutrition, color and shape recognition all in one activity.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12</b> <b>Breakfast</b> Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers Chilled or Fresh Fruit <b>Lunch</b> Pizza Variety Steamed Broccoli Fruit Salad Milk	<b>13</b> <b>Breakfast</b> Fresh Fruit Parfait w/Granola Chilled or Fresh Fruit <b>Lunch</b> Chicken Crispers Harvest Moon Carrots Baked Beans Pears Milk	<b>14</b> <b>Breakfast</b> WG Blueberry Poptart w/Cheese Stick Chilled or Fresh Fruit <b>Lunch</b> Cheese Quesadilla Buttered Corn Fresh Garden Salad Fruited Jello Milk	<b>15</b> <b>Breakfast</b> Breakfast Pizza Chilled or Fresh Fruit <b>Lunch</b> Chicken Nuggets w/Waffle Bites Hot Vegetable Chilled or Fresh Fruit Milk	<b>16</b> <b>Breakfast</b> Manager's Special Chilled or Fresh Fruit or 100% Fruit Juice <b>Lunch</b> Manager's Special Milk
<b>19</b> <b>Breakfast</b> Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers Chilled or Fresh Fruit	<b>20</b> <b>Breakfast</b> Egg N' Cheese Biscuit Chilled or Fresh Fruit <b>LUNCH</b> Toasted Cheese Sandwich w/Soup Baby Carrots w/Dip Chilled or Fresh Fruit Milk	<b>21</b> <b>Breakfast</b> Crispy Chicken Slider Chilled or Fresh Fruit <b>Lunch</b> Spaghetti w/Bread Stick Steamed Broccoli Chilled or Fresh Fruit Milk	<b>22</b> <b>Breakfast</b> Muffin w/Cheese Stick Chilled or Fresh Fruit <b>Lunch</b> Chicken w/ Waffle Bites Hot Vegetable Chilled or Fresh Fruit Milk	<b>23</b> <b>Breakfast</b> Assorted WG Cereals w/Graham Crackers OR Goldfish Crackers Chilled or Fresh Fruit <b>Lunch</b> Pizza Variety Hot Vegetable Fruit Salad Milk






Spring Break Begins  
March 26th - 30th

Returned on April 2nd

Spring begins March 20th



<p><b>NATIONAL NUTRITION MONTH</b></p> <p> Fill half your plate with Fruits and Veggies </p> <p> Choose "low sodium" or "no salt added" canned veggies</p> <p> Try green and orange veggies like carrots and greens</p> <p> Fruits can be fresh, frozen, dried, canned, or juice</p>	<p>Wayne Hills Center have been approved to participate in the Community Eligibility Provision (CEP) for the 2017-2018 school year. All Students in these schools will receive a free breakfast and free lunch each school day. There are no meal applications to complete in the CEP school-all students are eligible.</p> <p>All other schools will operate the meal program as usual and will require meal applications as in previous years.</p> <p><b>If you have any questions or need further information, please call the School Nutrition Office:</b></p> <p><b>Pat Smith School Nutrition Secretary 540-946-4600 ext. 118</b>  <a href="mailto:psmith@waynesboro.k12.va.us">or psmith@waynesboro.k12.va.us</a>  <b>or Tammy Coffey School Nutrition Program Manager</b>  <b>540-946-4600 ext. 144</b>  <a href="mailto:tcoffey@waynesboro.k12.va.us">or tcoffey@waynesboro.k12.va.us</a></p>
<p><b>School Delay? Need Breakfast? No Problem.</b></p> <p>No Problem. WPS 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 on those days.</p>	 <p>ChooseMyPlate.gov</p>

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