

Williamsburg-James City County Public Schools October 2020 Menu

VA Farm to School Week!
October 8th
*Locally Grown Butternut Squash *
will be substituted for Fresh side salad

Monday
<u>Breakfast</u> Pop Tart Juice Milk
<u>Lunch</u> Deli Sub Sandwich Fresh Veggies W/Dip Fruit Cup Milk

Tuesday
<u>Breakfast</u> French Toast Juice Milk
<u>Lunch</u> Soft Taco Corn Fresh Fruit Milk

Wednesday
<u>Breakfast</u> Cereal Juice Milk
<u>Lunch</u> Chicken Sandwich Broccoli W/ Cheese Sauce Fruit Cup Milk

Thursday
<u>Breakfast</u> Biscuit Juice Milk
<u>Lunch</u> Pizza Fresh Side Salad Fruit Cup Milk

Friday
<u>Breakfast</u> Muffin Juice Milk
<u>Lunch</u> Hamburger Or Cheeseburger Potatoes Blueberries Milk

Saturday
<u>Breakfast</u> Pancakes Juice Milk
<u>Lunch</u> Spaghetti W/Meat Sauce Green Beans Fruit Cup Milk

Sunday
<u>Breakfast</u> Breakfast Bar Juice Milk
<u>Lunch</u> Chicken Nuggets Veggie du Jour Fruit Cup Milk

The original value meal is
more valuable than ever!

All of our complete meals are
NO CHARGE
for all students
Through December 2020.
Available in schools if open or
at any remote serving location.



Great Pumpkins!

The biggest pumpkin
ever recorded
weighed over
2,600 pounds!
That's like a
small car! But
wait, it gets
better! The
largest pumpkin
PIE ever made was
20 feet across and
weighed 3,699 pounds!



Make sure to apply yourself.

That's good advice any time, but especially these days, when there's so much disruption in our lives – whether we're trying to work or learn or take care of our families. But there's something else you need to make sure to apply for: **free and reduced-price school meals**. Sure, meals are free for all kids without an application – right now. But that only lasts until the end of the year or the funding runs out. And when that time comes, we want you to be ready so your family can continue to benefit from convenient, healthy, dependable school meals. Plus, our entire district benefits when you apply, because a lot of federal funding for all sorts of education and technology programs is tied to those applications, although most folks don't realize that. So please, get in touch with us and take a moment to fill out that application. Kids throughout our community will benefit when you do. *Pick up an application at school or the district office, or visit our web site at wjccschools.org, or call 757-565-3838.* Thanks in advance!

School Meals
We serve education every day™

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html