



# JANUARY 2016 ELEMENTARY SCHOOL MENU

Bagged lunches available on field trip days with advance notice!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>	Cherry Star Vegetable Juice Blend Raisins 4  <b>Choose 1</b> Mini-Pancakes Cereal & Cheese Stick	Chilled Blended Fruit Juice Orange Wedges 5  <b>Choose 1</b> Sausage Breakfast Pizza Cereal & Nutri-Grain Bar	Sunset Sip Vegetable Juice Blend Sweet Potato Fries 6  <b>Choose 1</b> Ham & Cheese Croissant Cereal & Nutri-Grain Bar	Chilled Orange Juice Craisins 7  <b>Choose 1</b> Chicken Slider Cereal & Cheese Stick	Chilled Apple Juice Banana 8  <b>Choose 1</b> French Toast Sticks Cereal & Cheese Stick
<b>L U N C H</b>	<b>Choose 1 Protein &amp; Grain</b> Popcorn Chicken w/Dinner Roll Cheeseburger Southwest Pizza 🍌 Yogurt 🍌 w/Granola & Dinner Roll Sunbutter Spreadable 🍌 CHEF SALADS UNAVAILABLE  <b>Choose 2 Vegetables</b> Mashed Potatoes w/Gravy Sunshine Carrots Steamed Broccoli  <b>Choose 1 Fruit</b> Frozen Fruit Juice Cup Citrus Boat	<b>Choose 1 Protein &amp; Grain</b> Beef Nachos w/Cheese Sauce w/Dinner Roll Grilled Chicken/Bun Mini Calzones w/Dipping Sauce 🍌 Yogurt 🍌 w/Banana Bread SunWise Sandwich & Cheese Crackers 🍌 CHEF SALADS UNAVAILABLE  <b>Choose 2 Vegetables</b> Seasoned Potato Wedges Lettuce, Tomato & Pickles Baby Carrots w/Dip  <b>Choose 1 Fruit</b> Chilled Pineapple Chunks Apple Wedges w/Yogurt Dip 🍏	<b>Choose 1 Protein &amp; Grain</b> Pepperoni Pizza 🍌 Chicken Fajita w/Cheese w/Tortilla Chips & Salsa Cheese Pizza 🍌 Yogurt 🍌 w/Zucchini Bread SunWise Sandwich & Cheese Crackers 🍌 Grilled Chicken Chef Salad Salad w/Zucchini Bread  <b>Choose 2 Vegetables</b> "Candy" Corn Lettuce & Tomato Celery Sticks & Grape Tomatoes w/Dip  <b>Choose 1 Fruit</b> Hot Spiced Apples Orange Wedges & Grape Clusters	<b>Choose 1 Protein &amp; Grain</b> Harvestland Beef Hot Dog/Bun w/Chili Lasagna w/Garlic Bread Cheese Quesadilla 🍌 Yogurt 🍌 w/Granola & Garlic Bread Sunbutter Spreadable 🍌 Chicken Fajita Salad w/Garlic Bread  <b>Choose 2 Vegetables</b> Baked Beans Greek Salad Baby Carrots & Broccoli w/Dip  <b>Choose 1 Fruit</b> Banana Fruit Crisp 🍏	<b>Choose 1 Protein &amp; Grain</b> Chicken Teriyaki over Rice w/Dinner Roll Tuna Goldfish Sandwich w/Broccoli Cheese Soup & Crackers Pizza Sticks w/Dipping Sauce 🍌 Yogurt 🍌 w/Granola & Dinner Roll Sunbutter Spreadable 🍌 Chicken BLT Chef Salad w/Dinner Roll  <b>Choose 2 Vegetables</b> Green Beans Tossed Salad w/Dressing Raw Vegetables w/Dip  <b>Choose 1 Fruit</b> Fresh Apple Tropical Fruit Salad 🍏
<b>B R E A K F A S T</b>	Cherry Star Vegetable Juice Blend Citrus Boat 11  <b>Choose 1</b> Pancake Puppy Cereal & Cheese Stick	Chilled Orange Juice Raisins 12  <b>Choose 1</b> Cheese & Turkey Bacon Slider Cereal & Nutri-Grain Bar	Chilled Blended Fruit Juice Fresh Apple 13  <b>Choose 1</b> Egg & Cheese Sandwich Cereal & Nutri-Grain Bar	Chilled Apple Juice Fresh Pear 14  <b>Choose 1</b> Chicken Slider Cereal & Cheese Stick	Chilled Orange Juice Chilled Peaches 15  <b>Choose 1</b> Turkey Sausage & Cheese Toast Cereal & Nutri-Grain Bar
<b>L U N C H</b>	<b>Choose 1 Protein &amp; Grain</b> Popcorn Chicken w/Dinner Roll Hamburger/Bun Grilled Cheese Sandwich 🍌 Yogurt 🍌 w/Zucchini Bread SunWise Sandwich & Cheese Crackers 🍌 Harvest Chicken Salad w/Zucchini Bread  <b>Choose 2 Vegetables</b> Mashed Potatoes w/Gravy Brussels Sprouts w/Cheese Sauce Lettuce, Tomato & Pickles  <b>Choose 1 Fruit</b> Chilled Peaches Pear Wedges w/Yogurt Dip 🍏	<b>Choose 1 Protein &amp; Grain</b> Corn Dog Nuggets Pulled Smoked Pork/Bun 🍌 Mini Cheese Pizza Bagels 🍌 Yogurt 🍌 w/Wild Berry Bread SunWise Sandwich & Cheese Crackers 🍌 Ham & Cheese Salad w/Wild Berry Bread  <b>Choose 2 Vegetables</b> Baked Beans Kickin' Roasted Veggies Creamy Cole Slaw  <b>Choose 1 Fruit</b> Chilled Mixed Fruit Fresh Pineapple Chunks & Apple Wedges 🍏	<b>Choose 1 Protein &amp; Grain</b> Crispy Chicken/Bun Sloppy Joe/Bun Vegetable Lasagna Roll-Up 🍌 w/Garlic Bread Stick Yogurt 🍌 w/Granola & Garlic Bread Stick Sunbutter Spreadable 🍌 Chicken BLT Salad w/Garlic Bread Stick  <b>Choose 2 Vegetables</b> Curly Fries Sunny Broccoli & Cauliflower Toss Lettuce, Tomato & Pickles  <b>Choose 1 Fruit</b> Chilled Pears Fresh Melon	<b>Choose 1 Protein &amp; Grain</b> Stuffed Crust Pepperoni Pizza Sweet & Sour Chicken over Rice w/Cinnamon Bread Stuffed Crust Cheese Pizza 🍌 Yogurt 🍌 w/Granola & Nutri-Grain Bar Sunbutter Spreadable 🍌 Taco Salad w/Nutri-Grain Bar  <b>Choose 2 Vegetables</b> Teriyaki Sugar Snap Blend Carrots & Celery Sticks w/Dip Pumpkin Souffle  <b>Choose 1 Fruit</b> Chilled Applesauce Banana & Kiwi Halves	<b>Choose 1 Protein &amp; Grain</b> Buffalo Chicken Nuggets w/Mashed Potatoes w/Fiesta Cornbread Baja Fish Sticks w/Fiesta Cornbread Pizza Sticks w/Dipping Sauce 🍌 Yogurt 🍌 w/Banana Bread SunWise Sandwich & Cheese Crackers 🍌 Pepperoni & Cheese Salad 🍌 w/Banana Bread  <b>Choose 2 Vegetables</b> Steamed Broccoli Pomegranate Blueberry Spinach Salad Baby Carrots & Snow Peas w/Dip  <b>Choose 1 Fruit</b> Fresh Apple Graham Banana Bites 🍏

This is a Pork Product

This is a Vegetarian Product

Milk is offered at every meal.

Any questions or concerns please call School Food and Nutrition Services Central Office at (703)791-7314.

Check out the Choices!

This year's menu features a great variety of fruits, vegetables & whole grains.



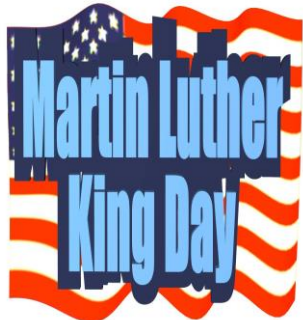

**Breakfast Available in all Schools.** Eating a nutritious breakfast is an important start for the day. Studies show that children who eat breakfast are better prepared to participate in the day's learning activities than those who start their day without breakfast. School breakfast is significantly associated with improved scores on standardized achievement tests, and a lower rate of both absenteeism and tardiness. Students eligible for free or reduced price lunch are also eligible for free or reduced price breakfast.

**Prepayments** - Students may set up meal and/or cash accounts with the Food Services manager in the morning before school using cash or checks. Prepayments made into meal accounts (breakfast or lunch) can be used only for complete meals. Cash accounts can be used to purchase breakfast, lunch or a la carte items. Accounts can be purchased for any number of days or amounts of money. **Please tell us how you want your prepayments credited; to a meal account, a cash account or all three (breakfast, lunch and cash).** Make checks payable to "Prince William County School Food and Nutrition Services". By paying for your purchase with a check, you are accepting our check acceptance policy. In the unlikely event your check is returned unpaid, you understand and agree that your check will be electronically redeposit at your bank for the face value plus a \$40.00 processing fee and any protest or bad check return fee charged by your financial institution. This action will be taken without further notice.

Prepayment can also be made online at [myschoolbucks.com](http://myschoolbucks.com). There is a fee of \$1.95 for each transaction. This service also provides parents the opportunity to view the student's sales history & receive low balance notices via email.

These services are available to the parent at no charge.

<b>Breakfast - Per Day</b>	
All Levels Full Price Student	\$1.45
All Levels Reduced Price Student	\$.30
Adult Price	\$2.00
Second Student Breakfast	\$2.00
<b>Lunch - Per Day</b>	
Elementary Full Price Student	\$2.45
All Levels Reduced Price Student	\$.40
Adult Price	\$3.40
Second Student Lunch	\$3.40
Soy Milk	\$1.25
Milk	\$.65
School Made Cookies	1/40¢
Frozen Novelty Treats	\$.75

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	18	19	20	21	22
		<b>GOLDEN TICKET DAY</b> Sunset Sip Vegetable Juice Blend Raisins <b>Choose 1</b> Sausage Breakfast Pizza Cereal & Nutri-Grain Bar 	Chilled Blended Fruit Juice Baby Carrots <b>Choose 1</b> Ham & Cheese Croissant Cereal & Nutri-Grain Bar	Chilled Apple Juice Orange Wedges <b>Choose 1</b> Skillet Frittata & Toast Cereal & Nutri-Grain Bar	Chilled Orange Juice Fresh Banana <b>Choose 1</b> Chicken Slider Cereal & Cheese Stick
L U N C H		<b>Choose 1 Protein &amp; Grain</b> Beef Nachos w/Cheese Sauce w/Dinner Roll Honey Fire Chicken over Rice w/Dinner Roll Cheesy Bread Yogurt w/Wild Berry Bread SunWise Sandwich & Cheese Crackers Double Cheese Salad w/Wild Berry Bread	<b>Choose 1 Protein &amp; Grain</b> Harvestland Beef Hot Dog/Bun w/Chili Macaroni & Cheese w/Garlic Bread Morningstar Chik'n Nuggets w/Garlic Bread Yogurt w/Granola & Nutri-Grain Bar SunWise Sandwich & Cheese Crackers Taco Salad w/Nutri-Grain Bar	<b>Choose 1 Protein &amp; Grain</b> Popcorn Chicken w/Dinner Roll Roast Turkey w/Dinner Roll Cheese Quesadilla Yogurt w/Banana Bread SunWise Sandwich & Cheese Crackers Fruit, Chicken & Spinach Salad w/Banana Bread	<b>Choose 1 Protein &amp; Grain</b> Ham & Cheese Pull-Apart Bread Sticks Korean BBQ Chicken over Rice w/Dinner Roll Fish Nuggets w/Dinner Roll Yogurt w/Zucchini Bread SunWise Sandwich & Cheese Crackers Chef Salad w/Roast Turkey w/Zucchini Bread
	<b>Choose 2 Vegetables</b> Corn Salad Lettuce & Tomato Baby Carrots w/Dip	<b>Choose 2 Vegetables</b> Baked Beans BLT Romaine Salad Raw Vegetables w/Dip	<b>Choose 2 Vegetables</b> Mashed Potatoes w/Gravy Stir Fried Cabbage Broccoli, Cauliflower & Carrots w/Dip	<b>Choose 2 Vegetables</b> Mashed Potatoes w/Gravy Stir Fried Cabbage Broccoli, Cauliflower & Carrots w/Dip	
	<b>Choose 1 Fruit</b> Orange Wedges Chilled Applesauce	<b>Choose 1 Fruit</b> Chilled Pineapple Chunks Apple Wedges w/Yogurt Dip	<b>Choose 1 Fruit</b> Chilled Peaches Banana & Strawberries	<b>Choose 1 Fruit</b> Hot Spiced Apples Yogurt Lime Fruit Toss	
B R E A K F A S T	25	26	27	28	29
L U N C H	Chilled Apple Juice Raisins <b>Choose 1</b> French Toast Sticks Cereal & Nutri-Grain Bar	Chilled Blended Fruit Juice Citrus Boat <b>Choose 1</b> Pumpkin Roll w/Turkey Sausage Links Cereal & Cheese Stick	Chilled Orange Juice Craisins <b>Choose 1</b> Egg & Cheese Sandwich Cereal & Cheese Stick	Cherry Star Vegetable Juice Blend Fresh Banana <b>Choose 1</b> Chicken Slider Cereal & Cheese Stick	Chilled Orange Juice Fresh Apple <b>Choose 1</b> Cheese Stuffed Pretzel Cereal & Nutri-Grain Bar
	<b>Choose 1 Protein &amp; Grain</b> Popcorn Chicken w/Dinner Roll Zesty Meatloaf w/Dinner Roll Grilled Cheese Sandwich Yogurt w/Granola & Dinner Roll Sunbutter Spreadable Chicken BLT Salad w/Dinner Roll <b>Choose 2 Vegetables</b> Mashed Potatoes w/Gravy Broccoli & Cauliflower w/Cheese Sauce Layered Lettuce Salad <b>Choose 1 Fruit</b> Chilled Mixed Fruit Apple Wedges & Grapes	<b>Choose 1 Protein &amp; Grain</b> Chicken Teriyaki over Rice w/Cinnamon Bread Fish Nuggets w/Cinnamon Bread Stuffed Shells w/Cinnamon Bread Yogurt w/Wild Berry Bread SunWise Sandwich & Cheese Crackers Double Cheese Salad w/Wild Berry Bread <b>Choose 2 Vegetables</b> Sesame Green Beans Baby Carrots w/Hummus Sunny Broccoli & Cauliflower Toss <b>Choose 1 Fruit</b> Chilled Pineapple Chunks Pear Wedges w/Yogurt Dip	<b>Choose 1 Protein &amp; Grain</b> Spicy Chicken/Bun Beef Gordita w/Cheese Sauce Morningstar Chik'n Nuggets w/Parmesan Bread Stick Yogurt w/Zucchini Bread SunWise Sandwich & Cheese Crackers Pepporoni & Cheese Salad w/Zucchini Bread <b>Choose 2 Vegetables</b> French Fries Fiesta Veggie Dip & Chips Lettuce & Tomato <b>Choose 1 Fruit</b> Chilled Applesauce Orange & Kiwi Wedges	<b>Choose 1 Protein &amp; Grain</b> Roasted BBQ Chicken w/Pasta & Roasted Vegetables w/Garlic Bread Baked Ziti w/Garlic Bread Personal Pan Cheese Pizza Yogurt w/Granola & Garlic Bread Sunbutter Spreadable Taco Salad w/Garlic Bread <b>Choose 2 Vegetables</b> Steamed Broccoli Celery Sticks & Grape Tomatoes w/Dip Pumpkin Souffle <b>Choose 1 Fruit</b> Frozen Fruit Juice Cup Orange Wedges & Apple Half	<b>HALF DAY RELEASE – CONFERENCE DAY</b> <b>Choose 1 Protein &amp; Grain</b> Stuffed Crust Pepperoni Pizza Chicken Fajita w/Cheese w/Tortilla Chips & Salsa Stuffed Crust Cheese Pizza Yogurt w/Banana Bread SunWise Sandwich & Cheese Crackers Turkey & Cheese Salad w/Banana Bread <b>Choose 2 Vegetables</b> Baked Plantains Cucumber Wedges & Baby Carrots w/French Dressing Lettuce & Tomato <b>Choose 1 Fruit</b> Chilled Mandarin Oranges Banana w/Chocolate Dip

### Availability of Free & Reduced Price Meals

Families who have an income below established standards or qualify for Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or “Temporary Assistance for Needy Families” (TANF) are eligible for free or reduced price meals.

Applications for meal assistance are available at each school or electronically at [www.pwcs.menus.schoolfusion.us/](http://www.pwcs.menus.schoolfusion.us/)

### FRESH FOR YOU

During the month of January we will be serving the following locally grown fruits & vegetables –



Apples & Lettuce.

This year all our milk will come from Virginia farms.

Menu subject to change due to availability of foods and emergency school closings.

#### Availability of Free & Reduced Price Meals

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2015-16 USDA Non-discrimination Statement: “USDA is an equal opportunity provider and employer”.