


ELEMENTARY SCHOOL LUNCH MENU FOR SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>No School</p> 	<p>3</p> <p>MAIN DISH Cheese Pizza Penne Pasta w/ Meat Sauce & Breadstick</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Veggies and Dip Au Gratin Potatoes Simmered Black Beans Fresh Fruit Selection</p> 	<p>4</p> <p>MAIN DISH Chicken Quesadilla Grilled Chicken Sandwich w/ Lettuce & Pickle Topping</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Corn Fresh Broccoli w/ Dip Refried Beans Fresh Fruit Selection Applesauce</p>	<p>5</p> <p>MAIN DISH BBQ Rib Sandwich  Cheeseburger on a Bun w/ Lettuce & Pickle Topping</p> <p>Chef Salad w/Tuna - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Green Beans Fresh Baby Carrots Fresh Fruit Selection</p>	<p>6</p> <p>MAIN DISH Cheese Pizza Fish Sticks w/ Breadstick</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Carrots Celery Sticks w/ Dip Fresh Fruit Selection Fruit Juice</p>
<p>9</p> <p>MAIN DISH Chicken Nuggets w/ Breadstick Salisbury Steak w/ Gravy w/ Breadstick</p> <p>Chef Salad w/Tuna w/Goldfish Yogurt w/Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Mashed Potatoes Steamed Spinach Fresh Fruit Selection Diced Peaches</p>	<p>10</p> <p>MAIN DISH Cheese Pizza Crunchy Beef Tacos w/ Lettuce & Tomato Topping</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Seasoned Peas Cucumber Slices Fresh Fruit Selection</p>	<p>11</p> <p>MAIN DISH Cheese Stuffed Breadstick Breaded Chicken Sandwich Lettuce & Pickle Topping</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Veggies and Dip Steamed Broccoli Fresh Fruit Selection</p> 	<p>12</p> <p>MAIN DISH Toasted Cheese Sandwich Cheeseburger on a Bun w/ Lettuce & Pickle Topping</p> <p>Chef Salad w/Tuna - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Seasoned Oven Fries Baked Beans Fresh Fruit Selection Applesauce</p>	<p>13</p> <p>MAIN DISH Cheese Pizza Beef and Bean Burrito</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Refried Beans Fresh Baby Carrots Fresh Fruit Selection Fruit Juice</p>
<p>16</p> <p>MAIN DISH Macaroni and Cheese Chicken Teriyaki w/Brown Rice Pilaf</p> <p>Chef Salad w/Tuna w/Goldfish Yogurt w/Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Vegetable Medley Sliced Cucumbers Fresh Fruit Selection Diced Peaches</p> 	<p>17</p> <p>MAIN DISH Cheese Pizza Penne Pasta w/ Meat Sauce & Breadstick</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Veggies and Dip Au Gratin Potatoes Simmered Black Beans Fresh Fruit Selection</p>	<p>18</p> <p>MAIN DISH Chicken Quesadilla Grilled Chicken Sandwich w/ Lettuce & Pickle Topping</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Corn Fresh Broccoli w/ Dip Refried Beans Fresh Fruit Selection Applesauce</p>	<p>19</p> <p>MAIN DISH BBQ Rib Sandwich  Cheeseburger on a Bun w/ Lettuce & Pickle Topping</p> <p>Chef Salad w/Tuna - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Green Beans Fresh Baby Carrots Fresh Fruit Selection</p>	<p>20</p> <p>MAIN DISH Cheese Pizza Fish Sticks w/ Breadstick</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Carrots Celery Sticks w/ Dip Fresh Fruit Selection Fruit Juice</p>

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MAIN DISH

Chicken Nuggets w/ Breadstick
Salisbury Steak w/ Gravy w/
Breadstick

Chef Salad w/Tuna w/Goldfish
Yogurt w/Goldfish


**Must Select at Least (1) Vegetable
or (1) Fruit Side**

Mashed Potatoes
Steamed Spinach
Fresh Fruit Selection
Diced Peaches

24

MAIN DISH

Cheese Pizza
Crunchy Beef Tacos w/
Lettuce & Tomato Topping

 Chef Salad w/Ham - Breadstick
& Goldfish Crackers
Yogurt w/Breadstick & Goldfish

**Must Select at Least (1) Vegetable
or (1) Fruit Side**

Seasoned Peas
Cucumber Slices
Fresh Fruit Selection

25

MAIN DISH

Cheese Stuffed Breadstick
Breaded Chicken Sandwich
Lettuce & Pickle Topping

 Chef Salad w/Ham - Breadstick & Goldfish
Crackers
Yogurt w/Breadstick & Goldfish

**Must Select at Least (1) Vegetable or
(1) Fruit Side**

Veggies and Dip
Steamed Broccoli
Fresh Fruit Selection 

26

MAIN DISH

Toasted Cheese Sandwich
Cheeseburger on a Bun w/
Lettuce & Pickle Topping

Chef Salad w/Tuna - Breadstick &
Goldfish Crackers
Yogurt w/Breadstick & Goldfish

**Must Select at Least (1)
Vegetable or (1) Fruit Side**

Seasoned Oven Fries
Baked Beans
Fresh Fruit Selection
Applesauce

27

MAIN DISH

Cheese Pizza
Beef and Bean Burrito

 Chef Salad w/Ham - Breadstick &
Goldfish Crackers
Yogurt w/Breadstick & Goldfish

**Must Select at Least (1)
Vegetable or (1) Fruit Side**

Refried Beans
Fresh Baby Carrots
Fresh Fruit Selection
Fruit Juice

30


MAIN DISH

Macaroni and Cheese
Chicken Teriyaki w/Brown Rice Pilaf

Chef Salad w/Tuna w/Goldfish
Yogurt w/Goldfish

**Must Select at Least (1) Vegetable
or (1) Fruit Side**

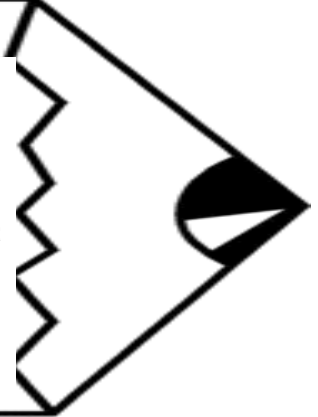
Vegetable Medley
Sliced Cucumbers
Fresh Fruit Selection
Diced Peaches



**Café
Corner**

Notice - Very Important.

**Please remember to reapply for meal benefits if
you would like them to continue for the 2019-
2020 school year. It is required that a current
year application be submitted in order to prevent
any disruption in your benefits. Also, breakfast,
not just lunch, are included if your household is
approved for meal benefits.**



 THIS MENU ITEM MAY CONTAIN PORK OR PORK PRODUCTS.

WE RESERVE THE RIGHT TO CHANGE MENUS DUE TO THE AVAILABILITY OF FOODS AND UNSCHEDULED SCHOOL CLOSINGS

Lunch Prices: Full: \$3.00 Reduced: \$.40 Adult: \$3.75

MEAL ASSISTANCE

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) may be eligible for free or reduced price meals. Other families that have an income below established standards may also qualify for free or reduced priced meals. Applications for free or reduced priced meals are available in the main office at each school. Completed applications should be returned to your child's school or the food service office located in Manassas Park Middle School as quickly as possible. Families may apply for meal assistance at any time during the school year but are encouraged to apply as soon as possible to avoid any delay in the processing of your application! Applications for meal assistance may be obtained during the school year from each school or electronically at www.mpark.net.

ASISTENCIA FINANCIERA con las COMIDAS

Familiar elegibles a participar en los programas de "Estampillas de Comida" o "Ayuda Temporal para Familias Necesitadas (TANF)" son elegibles a recibir comidas gratis. Otras familias que tienen ingresos por debajo de estándares establecidos pueden calificar para recibir comidas a precios reducidos o gratis. Estas familias deben solicitar ayuda con las comidas al comienzo de cada año escolar!

MEAL PAYMENT OPTIONS

Parents are strongly encouraged to pre-pay for their student's meals. Pre-paying for meals helps to reduce or eliminate lost or forgotten lunch money. Pre-payments can be made with cash, checks, money orders or on-line at Mpark.net (for password and log-in information contact your school's cafeteria manager.) Make checks payable to the school receiving the payment, add your child's pin number to the memo line. Returned personal checks are subject to electronic re-deposit without further notice.

Non-Discrimination Statement

USDA is an equal opportunity provider and employer.