


MANASSAS PARK HIGH SCHOOL LUNCH MENU FOR SEPTEMBER 2019

ALL MEALS INCLUDE YOUR CHOICE OF 1 **PROTEIN & GRAIN COMBO**, 2 **FRUITS**, 2 **VEGETABLES** AND 1 **MILK**
 (ADDITIONAL **FRUITS**, **VEGETABLES** AND **MILK** MAY BE PURCHASED FOR \$.50 EACH)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>NO SCHOOL</u></p> 	<p>3 <u>PROTEIN & GRAIN COMBO</u> Chicken & Cheese Quesadilla Orange Chicken with Rice 🍷 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice</p> <p><u>VEGETABLE</u> Green Beans Baby Carrots with Dip Steamed Broccoli Tossed Salad with Dressing</p>	<p>4 <u>PROTEIN & GRAIN COMBO</u> Taco with Soft Shells Toasted Cheese Sandwich Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice</p> <p><u>VEGETABLE</u> Steamed Corn Chicken Salsa Soup Lettuce & Diced Tomato Tossed Salad with Dressing</p>	<p>5 <u>PROTEIN & GRAIN COMBO</u> Beef & Bean Burrito with Rice Chicken Nuggets with Rice 🍷 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments</p> <p><u>VEGETABLE</u> Steamed Broccoli Raw Veggies with Dip Refried Beans Tossed Salad with Dressing</p>	<p>6 <u>PROTEIN & GRAIN COMBO</u> Grilled Chicken Sandwich Breaded Chicken Sandwich Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice</p> <p><u>VEGETABLE</u> Seasoned Potato Wedges Lettuce & Pickle Topping Tossed Salad with Dressing</p>
<p>9 <u>PROTEIN & GRAIN COMBO</u> Chicken & Cheese Quesadilla Salisbury Steak with Biscuit Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments</p> <p><u>VEGETABLE</u> 🍷 Baked Beans Mashed Potatoes with Gravy Tossed Salad with Dressing</p>	<p>10 <u>PROTEIN & GRAIN COMBO</u> Chicken Tenders with Rice Spaghetti with Meat Sauce 🍷 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice</p> <p><u>VEGETABLE</u> Green Beans Baby Carrots with Dip Tossed Salad with Dressing</p>	<p>11 <u>PROTEIN & GRAIN COMBO</u> Chicken Nuggets with Roll Fish Sandwich Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice</p> <p><u>VEGETABLE</u> Steamed Corn Chicken Salsa Soup Tossed Salad with Dressing</p>	<p>12 <u>PROTEIN & GRAIN COMBO</u> Asian Sesame Chicken with Rice Macaroni & Cheese with Roll 🍷 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments</p> <p><u>VEGETABLE</u> Mixed Vegetables Steamed Broccoli Raw Veggies with Dip Tossed Salad with Dressing</p>	<p>13 <u>PROTEIN & GRAIN COMBO</u> Cheeseburger or Hamburger Stuffed Crust Dipper Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🍪 Yogurt Parfait w/ Granola</p> <p><u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Apple Crisp</p> <p><u>VEGETABLE</u> Seasoned Potato Wedges Lettuce & Sliced Tomato Baby Carrots with Dip Tossed Salad with Dressing</p>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
16	PROTEIN & GRAIN COMBO Cheesy Beef & Mac w/ Garlic Roll Chicken Tenders Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Mixed Vegetables Glazed Sweet Potatoes Tossed Salad with Dressing	17	PROTEIN & GRAIN COMBO Chicken & Cheese Quesadilla Orange Chicken with Rice 🍕 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice <u>VEGETABLE</u> Green Beans Baby Carrots with Dip Steamed Broccoli Tossed Salad with Dressing	18	PROTEIN & GRAIN COMBO Taco with Soft Shells Toasted Cheese Sandwich Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice <u>VEGETABLE</u> Steamed Corn Chicken Salsa Soup Lettuce & Diced Tomato Tossed Salad with Dressing	19	PROTEIN & GRAIN COMBO Beef & Bean Burrito with Rice Chicken Nuggets with Rice 🍕 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Fresh Fruit Fruit Juice Mandarin Orange <u>VEGETABLE</u> Steamed Broccoli Raw Veggies with Dip Refried Beans Tossed Salad with Dressing	20	PROTEIN & GRAIN COMBO Grilled Chicken Sandwich Breaded Chicken Sandwich Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice <u>VEGETABLE</u> Seasoned Potato Wedges Lettuce & Pickle Topping Tossed Salad with Dressing	<div style="border: 2px dashed orange; padding: 5px; display: inline-block;"> FAMILY MARKET 4:00 PM TO 5:30 PM </div>	
23	PROTEIN & GRAIN COMBO Chicken & Cheese Quesadilla Salisbury Steak with Biscuit Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> 🍕 Baked Beans Mashed Potatoes with Gravy Tossed Salad with Dressing	24	PROTEIN & GRAIN COMBO Chicken Tenders with Rice Spaghetti with Meat Sauce 🍕 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice <u>VEGETABLE</u> Green Beans Baby Carrots with Dip Tossed Salad with Dressing	25	PROTEIN & GRAIN COMBO Chicken Nuggets with Roll Fish Sandwich Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice <u>VEGETABLE</u> Steamed Corn Chicken Salsa Soup Tossed Salad with Dressing	26	PROTEIN & GRAIN COMBO Asian Sesame Chicken with Rice Macaroni & Cheese with Roll 🍕 Pepperoni Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Mixed Vegetables Steamed Broccoli Raw Veggies with Dip Tossed Salad with Dressing	27	PROTEIN & GRAIN COMBO Cheeseburger or Hamburger Stuffed Crust Dipper Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers 🥣 Yogurt Parfait w/ Granola <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Apple Crisp <u>VEGETABLE</u> Seasoned Potato Wedges Lettuce & Sliced Tomato Baby Carrots with Dip Tossed Salad with Dressing		

DAILY SALAD OFFERINGS: CHEF, TUNA, GRILLED CHICKEN OR BREADED CHICKEN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 PROTEIN & GRAIN COMBO Cheesy Beef & Mac w/ Garlic Roll Chicken Tenders Cheese Pizza Choice of Salad with Croutons Ham, Turkey or Combo Sand Parmesan Chicken Wrap Yogurt with Crackers  Yogurt Parfait w/ Granola FRUIT Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments VEGETABLE Mixed Vegetables Glazed Sweet Potatoes Tossed Salad with Dressing	<p>If your family was approved for free or reduced price meals for the 2018 - 2019 school year, that approval will remain valid through October 7, 2019.</p> <p>To remain eligible without interruption for the 2019 - 2020 school year, families must re-apply and be approved before October 7, 2019.</p>			FAMILY MARKET FREE FOOD  CAPITAL AREA FOOD BANK®
				Manassas Park City Schools, in conjunction with the Capital Area Food Bank, is offering free food to local families!
				Come to Manassas Park High School on SEPTEMBER 19th from 4:00 PM to 5:30 PM

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



THIS MENU ITEM MAY CONTAIN PORK OR PORK PRODUCTS

Super Size: when you purchase a complete lunch meal you can add one protein/grain combo for \$2.50

A COMPLETE LUNCH MEAL MUST INCLUDE ONE SERVING OF FRUIT OR ONE SERVING OF VEGETABLE



THIS MENU ITEM MAY CONTAIN NUTS OR MAY HAVE BEEN PROCESSED ON EQUIPMENT THAT PROCESSES NUTS

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

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. Completed applications should be returned 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 are available in the cafeteria and main office at each school. They are also available electronically at <http://manassas.va.schoolwebpages.com/education/components/docmgr/default.php?sectiondetailid=3899&> Applications may be submitted at anytime during the school year and must be submitted in person.

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 redeposit without further notice.

USDA is an equal opportunity provider and employer

Please contact the cafeteria manager with any questions or concerns.

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