

# MANASSAS PARK CITY SCHOOLS "IN-PERSON" MENU

## Daily Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>MAIN DISH - SELECT 0</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>
Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)
<h3>Lunch</h3>				
MONDAY 5/3	TUESDAY 5/4	WEDNESDAY 5/5	THURSDAY 5/6	FRIDAY 5/7
<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>
Hot Dog	Breaded Chicken Sandwich	Breaded Chicken Sandwich	Cheese Pizza	Cheese Pizza
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich
Yogurt with Crackers	Yogurt with Crackers	Yogurt with Crackers	Yogurt with Crackers	Yogurt with Crackers
Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers
<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>
Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
MONDAY 5/10	TUESDAY 5/11	WEDNESDAY 5/12	THURSDAY 5/13	FRIDAY 5/14
<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>	<b><u>PROTEIN/GRAIN COMBO</u></b>
Grilled Chicken Sandwich	Corn Dog Nuggets	Corn Dog Nuggets	Bean & Cheese Burrito	Bean & Cheese Burrito
Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich	Turkey Sandwich
Yogurt with Crackers	Yogurt with Crackers	Yogurt with Crackers	Yogurt with Crackers	Yogurt with Crackers
Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers	Garden Salad w/Chicken and Crackers
<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>	<b><u>FRUIT / VEGETABLE</u></b>
Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable	Fresh Fruit or Fresh Vegetable
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice

<b>MONDAY 5/17</b>	<b>TUESDAY 5/18</b>	<b>WEDNESDAY 5/19</b>	<b>THURSDAY 5/20</b>	<b>FRIDAY 5/21</b>
<u><b>PROTEIN/GRAIN COMBO</b></u> Cheese Pizza Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Cheeseburger Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Cheeseburger Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Hot Dog Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Hot Dog Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers
<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice
<b>MONDAY 5/24</b>	<b>TUESDAY 5/25</b>	<b>WEDNESDAY 5/26</b>	<b>THURSDAY 5/27</b>	<b>FRIDAY 5/28</b>
<u><b>PROTEIN/GRAIN COMBO</b></u> Bean & Cheese Burrito Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Cheese Pizza Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Cheese Pizza Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Corn Dog Nuggets Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers	<u><b>PROTEIN/GRAIN COMBO</b></u> Corn Dog Nuggets Turkey Sandwich Yogurt with Crackers Garden Salad w/Chicken and Crackers
<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice	<u><b>FRUIT / VEGETABLE</b></u> Fresh Fruit or Fresh Vegetable Fruit Juice

**Note: Currently all meals are free to all students of Manassas Park City Schools**

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