

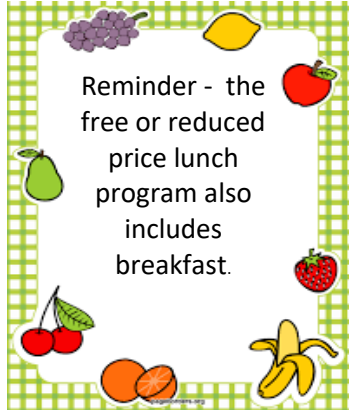











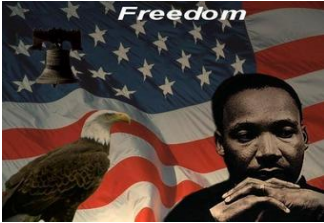










ELEMENTARY SCHOOL LUNCH MENU FOR JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <p>Reminder - the free or reduced price lunch program also includes breakfast.</p>	<p>3</p> <p>MAIN DISH BBQ Rib 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 Green Beans Fresh Baby Carrots Fresh Fruit Selection</p>	<p>4</p> <p>MAIN DISH Cheese Pizza Fish Sticks w/ Breadstick  Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Carrots Celery Sticks w/ Dip Fresh Fruit Selection Fruit Juice</p>
<p>7</p> <p>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</p>	<p>8</p> <p>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</p>	<p>9</p> <p>MAIN DISH Cheese Stuffed Breadstick Breaded Chicken Sandwich  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</p>	<p>10</p> <p>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</p> 	<p>11</p> <p>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</p>
<p>14</p> <p>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</p>	<p>15</p> <p>MAIN DISH Cheese Pizza Penne Pasta w/ Meat Sauce & Breadstick  Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish Must Select at Least (1) Vegetable or (1) Fruit Side Veggies and Dip Au Gratin Potatoes Simmered Black Beans Fresh Fruit Selection</p> 	<p>16</p> <p>MAIN DISH Chicken Quesadilla Grilled Chicken Sandwich w/ Lettuce & Pickle Topping  Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Corn Fresh Broccoli w/ Dip Refried Beans Fresh Fruit Selection Applesauce</p>	<p>17</p> <p>MAIN DISH BBQ Rib 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 Green Beans Fresh Baby Carrots Fresh Fruit Selection</p>	<p>18</p> <p>MAIN DISH Cheese Pizza Fish Sticks w/ Breadstick  Chef Salad w/Ham - Breadstick & Goldfish Crackers Yogurt w/Breadstick & Goldfish Must Select at Least (1) Vegetable or (1) Fruit Side Steamed Carrots Celery Sticks w/ Dip Fresh Fruit Selection Fruit Juice</p>

<p>21</p> <p>NO SCHOOL</p>  <p>Dr. Martin Luther King Jr. Day</p>	<p>22</p> <p>MAIN DISH</p> <p>Cheese Pizza Crunchy Beef Tacos w/ Lettuce & Tomato Topping</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers</p> <p>Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Seasoned Peas Cucumber Slices Fresh Fruit Selection</p>	<p>23</p> <p>MAIN DISH</p> <p>Cheese Stuffed Breadstick Breaded Chicken Sandwich</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers</p> <p>Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Veggies and Dip Steamed Broccoli Fresh Fruit Selection</p>	<p>24</p> <p>MAIN DISH</p> <p>Toasted Cheese Sandwich Cheeseburger on a Bun w/ Lettuce & Pickle Topping</p> <p>Chef Salad w/Tuna - Breadstick & Goldfish Crackers</p> <p>Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Seasoned Oven Fries Baked Beans Fresh Fruit Selection Applesauce</p>	<p>25</p>  <p>No School Teacher Work Day</p>
<p>28</p> <p>MAIN DISH</p> <p>Macaroni and Cheese Chicken Teriyaki w/Brown Rice Pilaf</p> <p>Chef Salad w/Tuna w/Goldfish</p> <p>Yogurt w/Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Vegetable Medley Sliced Cucumbers Fresh Fruit Selection Diced Peaches</p>	<p>29</p> <p>MAIN DISH</p> <p>Cheese Pizza Penne Pasta w/ Meat Sauce & Breadstick</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers</p> <p>Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Veggies and Dip Au Gratin Potatoes Simmered Black Beans Fresh Fruit Selection</p>	<p>30</p> <p>MAIN DISH</p> <p>Chicken Quesadilla Grilled Chicken Sandwich w/ Lettuce & Pickle Topping</p> <p> Chef Salad w/Ham - Breadstick & Goldfish Crackers</p> <p>Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Steamed Corn Fresh Broccoli w/ Dip Refried Beans Fresh Fruit Selection Applesauce</p> 	<p>31</p> <p>MAIN DISH</p> <p>BBQ Rib Sandwich  Cheeseburger on a Bun w/ Lettuce & Pickle Topping</p> <p>Chef Salad w/Tuna - Breadstick & Goldfish Crackers</p> <p>Yogurt w/Breadstick & Goldfish</p> <p>Must Select at Least (1) Vegetable or (1) Fruit Side</p> <p>Green Beans Fresh Baby Carrots Fresh Fruit Selection</p>	



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: \$2.90 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

Familias 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.

Non-Discrimination Statement

USDA is an equal opportunity provider and employer.