

ELEMENTARY SCHOOL BREAKFAST MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <u>SELECT 1 MAIN DISH</u> Breakfast Cereal Pack * <small>See Below</small> Yogurt w/Muffin Bagel w/Cream Cheese Mini Cini Apple Strudel | <u>SELECT 1 MAIN DISH</u> Breakfast Cereal Pack * <small>See Below</small> Yogurt w/Muffin Bagel w/Cream Cheese Mini Cini Apple Strudel | <u>SELECT 1 MAIN DISH</u> Breakfast Cereal Pack * <small>See Below</small> Yogurt w/Muffin Bagel w/Cream Cheese Mini Cini Apple Strudel | <u>SELECT 1 MAIN DISH</u> Breakfast Cereal Pack * <small>See Below</small> Yogurt w/Muffin Bagel w/Cream Cheese Mini Cini Apple Strudel | <u>SELECT 1 MAIN DISH</u> Breakfast Cereal Pack * <small>See Below</small> Yogurt w/Muffin Bagel w/Cream Cheese Mini Cini Apple Strudel |
| <u>MAY SELECT 1 FRUIT ITEM</u> Fruit Juice Fresh Fruit Selection | <u>MAY SELECT 1 FRUIT ITEM</u> Fruit Juice Fresh Fruit Selection | <u>MAY SELECT 1 FRUIT ITEM</u> Fruit Juice Fresh Fruit Selection | <u>MAY SELECT 1 FRUIT ITEM</u> Fruit Juice Fresh Fruit Selection | <u>MAY SELECT 1 FRUIT ITEM</u> Fruit Juice Fresh Fruit Selection |
| <u>CHOICE OF MILK</u> Skim White 1% White | <u>CHOICE OF MILK</u> Skim White 1% White | <u>CHOICE OF MILK</u> Skim White 1% White | <u>CHOICE OF MILK</u> Skim White 1% White | <u>CHOICE OF MILK</u> Skim White 1% White |

*BREAKFAST CEREAL PACK INCLUDES A: CEREAL, SNACK, AND A JUICE

**THIS MENU ITEM MAY CONTAIN NUTS

***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

Breakfast Prices: Full: \$1.50 Reduced: \$.30 Adult: \$2.25

ALL MEALS INCLUDE YOUR CHOICE OF ONE MILK

Daily Breakfast Alternatives:

Traditional Breakfast: includes choice of entrée, one fruit or fruit juice side dish and choice of milk.

Cereal Breakfast: includes choice of dry cereal with the bread of the day, one fruit or fruit juice side dish and choice of milk.

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.

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 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 or the following link. <http://manassas.va.schoolwebpages.com/education/components/docmgr/default.php?sectiondetailid=3899&>

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 estandares 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!

Non-Discrimination Statement

USDA is an equal opportunity provider and employer.