

MANASSAS PARK HIGH SCHOOL LUNCH MENU FOR MARCH 2019

ALL MEALS INCLUDE YOUR CHOICE OF 1 **PROTIEN & 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 align="center"><u>THIS DAY IN MARCH HISTORY</u></p> <p>2, 1904 - Theodor Geisel, better known as Dr. Seuss, is born in Springfield, Massachusetts.</p> <p>4, 1801 - Thomas Jefferson becomes the first US president inaugurated in Washington, DC.</p> <p>7, 1876 - Alexander Graham Bell patents the telephone.</p> <p>13, 1781 - English astronomer William Hershel discovers Uranus, the seventh planet from the sun.</p> <p>14, 1879 - Albert Einstein is born. His theories of special and general relativity drastically altered man's view of the universe, and his work in particle and energy theory helped make possible quantum mechanics and, ultimately, the atomic bomb.</p> <p>15, 1985 - The world's first internet domain name "Symbolics.com" is registered.</p> <p>17, 1992 - Apartheid in South Africa comes to an end.</p> <p>19, 2003 - The United States, along with coalition forces initiates war on Iraq.</p> <p>24, 1989 - The supertanker Exxon Valdez runs aground on a reef in Prince William Sound in southern Alaska, resulting in one of the worst oil spills in the U.S.</p> <p>28, 1979 - The worst accident in the history of the U.S. nuclear power industry begins when a pressure valve in the Unit-2 reactor at Three Mile Island fails to close.</p> <p>31, 1889 - The Eiffel Tower is dedicated in Paris in a ceremony presided over by the tower's designer, Gustave Eiffel.</p>			<p align="center">FAMILY MARKET FREE FOOD</p>  <p align="center">Manassas Park City Schools, in conjunction with the Capital Area Food Bank, is offering free food to local families!</p> <p align="center">Come to Manassas Park High School on MARCH 21st from 4:00 PM to 5:30 PM</p>	<p>1 <u>PROTEIN & GRAIN COMBO</u></p> <p>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></p> <p>Assorted Fresh Fruit Fruit Juice Cinnamon Applesauce</p> <p><u>VEGETABLE</u></p> <p>Seasoned Potato Wedges Honey Glazed Carrots Lettuce & Pickle Topping Tossed Salad with Dressing</p>
<p>4 <u>PROTEIN & GRAIN COMBO</u></p> <p>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></p> <p>Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments</p> <p><u>VEGETABLE</u></p> <p>Baked Beans Mashed Potatoes with Gravy Tossed Salad with Dressing</p>	<p>5 <u>PROTEIN & GRAIN COMBO</u></p> <p>Chicken Tenders with Rice Penne 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></p> <p>Assorted Fresh Fruit Fruit Juice Pineapple Tidbits</p> <p><u>VEGETABLE</u></p> <p>Green Beans Au Gratin Potatoes Baby Carrots with Dip Tossed Salad with Dressing</p>	<p>6 <u>PROTEIN & GRAIN COMBO</u></p> <p>Chicken Nuggets w/ Bread Stick 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></p> <p>Assorted Fresh Fruit Fruit Juice Diced Peaches</p> <p><u>VEGETABLE</u></p> <p>Chicken Salsa Soup Steamed Corn Tossed Salad with Dressing</p>	<p>7 <u>PROTEIN & GRAIN COMBO</u></p> <p>BBQ Pork Rib Sandwich Asian Sesame 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></p> <p>Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments</p> <p><u>VEGETABLE</u></p> <p>Mixed Vegetables Steamed Broccoli Raw Veggies with Dip Tossed Salad with Dressing</p>	<p>8 <u>PROTEIN & GRAIN COMBO</u></p> <p>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></p> <p>Assorted Fresh Fruit Fruit Juice Apple Crisp</p> <p><u>VEGETABLE</u></p> <p>Seasoned Potato Wedges Lettuce & Sliced Tomato Steamed Broccoli & Cauliflower Tossed Salad with Dressing</p>








MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
11	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	12	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 Pineapple Tidbits <u>VEGETABLE</u> Green Beans Baby Carrots with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	13	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 Diced Peaches <u>VEGETABLE</u> Steamed Corn Chicken Salsa Soup Lettuce & Diced Tomato Tossed Salad with Dressing	14	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 Mand. Orange <u>VEGETABLE</u> Steamed Broccoli Raw Veggies with Dip Refried Beans Tossed Salad with Dressing	15	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 Cinnamon Applesauce <u>VEGETABLE</u> Seasoned Potato Wedges Honey Glazed Carrots Lettuce & Pickle Topping Tossed Salad with Dressing		
18	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	19	PROTEIN & GRAIN COMBO Chicken Tenders with Rice Penne 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 Pineapple Tidbits <u>VEGETABLE</u> Green Beans Au Gratin Potatoes Baby Carrots with Dip Tossed Salad with Dressing	20	PROTEIN & GRAIN COMBO Chicken Nuggets w/ Bread Stick 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 Diced Peaches <u>VEGETABLE</u> Chicken Salsa Soup Steamed Corn Tossed Salad with Dressing	21	PROTEIN & GRAIN COMBO 🍷 BBQ Pork Rib Sandwich Asian Sesame 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> Fresh Fruit Fruit Juice Mandarin Orange <u>VEGETABLE</u> Mixed Vegetables Steamed Broccoli Raw Veggies with Dip Tossed Salad with Dressing	22	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 Steamed Broccoli & Cauliflower 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>	

March 4 - 8 is National School Breakfast Week.

Be sure to stop by and check us out and "Start Your Engines with School Breakfast."

Students who eat school breakfast are more likely to: ▶Maintain a healthy weight ▶Have better concentration and memory

▶Be more alert ▶Reach higher levels of achievement in reading and math, and score higher on standardized tests

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 <u>PROTEIN & GRAIN COMBO</u> 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	26 <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 <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Pineapple Tidbits <u>VEGETABLE</u> Green Beans Baby Carrots with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	27 <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 <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Diced Peaches <u>VEGETABLE</u> Steamed Corn Chicken Salsa Soup Lettuce & Diced Tomato Tossed Salad with Dressing	28 <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 <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Steamed Broccoli Raw Veggies with Dip Refried Beans Tossed Salad with Dressing	29 NO SCHOOL TEACHER WORKDAY 

Lunch Prices: Full: \$2.90 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 estandares establecidos pueden calificar para recibir comidas a precios reducidos o gratis. Estas familias deben solicitar ayuda con las comidas al comienzo de cada ano 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.

703-361-9131 ext.16153 or luz.vasquez@mpark.net