

# MANASSAS PARK HIGH SCHOOL LUNCH MENU FOR APRIL 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	
<b>1</b>	<u>PROTEIN &amp; 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 <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> 🍷 Baked Beans Mashed Potatoes with Gravy Tossed Salad with Dressing	<b>2</b>	<u>PROTEIN &amp; GRAIN COMBO</u> 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	<b>3</b>	<u>PROTEIN &amp; GRAIN COMBO</u> 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	<b>4</b>	<u>PROTEIN &amp; GRAIN COMBO</u> 🍷 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> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Mixed Vegetables Steamed Broccoli Raw Veggies with Dip Tossed Salad with Dressing	<b>5</b>	<u>PROTEIN &amp; 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 <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
<b>8</b>	<u>PROTEIN &amp; 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	<b>9</b>	<u>PROTEIN &amp; 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	<b>10</b>	<u>PROTEIN &amp; 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	<b>11</b>	<u>PROTEIN &amp; 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	<b>12</b>	<u>PROTEIN &amp; 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 <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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# SPRING BREAK APRIL 15TH - 22ND



## FAMILY MARKET FREE FOOD



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 **APRIL 25th** from 4:00 PM to 5:30 PM

### 23 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

#### FRUIT

- Assorted Fresh Fruit
- Fruit Juice
- Pineapple Tidbits

#### VEGETABLE

- Green Beans
- Au Gratin Potatoes
- Baby Carrots with Dip
- Tossed Salad with Dressing

### 24 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

#### FRUIT

- Assorted Fresh Fruit
- Fruit Juice
- Diced Peaches

#### VEGETABLE

- Chicken Salsa Soup
- Steamed Corn
- Tossed Salad with Dressing

### 25 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

#### FRUIT

- Fresh Fruit
- Fruit Juice
- Mandarin Orange

#### VEGETABLE

- Mixed Vegetables
- Steamed Broccoli
- Raw Veggies with Dip
- Tossed Salad with Dressing

**FAMILY MARKET**  
4:00 PM TO 5:30 PM

### 26 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

#### FRUIT

- Assorted Fresh Fruit
- Fruit Juice
- Apple Crisp

#### VEGETABLE

- Seasoned Potato Wedges
- Lettuce & Sliced Tomato
- Steamed Broccoli & Cauliflower
- Tossed Salad with Dressing

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> <u>PROTEIN &amp; 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	<b>30</b> <u>PROTEIN &amp; 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	<h1><u>APRIL FOOD HOLIDAYS</u></h1> <p>1 - National Sourdough Bread Day...is this the best bread ever or April Fools?            2 - National Peanut Butter &amp; Jelly Day...maybe use some of that amazing sourdough?            3 - National Chocolate Mousse Day - the best mousse ever!            5 - National Deep Dish Pizza Day...why don't we just do this everyday?            6 - National Caramel Popcorn Day...a great whole-grain snack but don't overdo it!!            7 - National Burrito Day...a perfect combination of whatever you want to put in it.            8 - National Empanada Day...mmmmm...pastry stuffed with meat...amazing!            12 - National Grilled Cheese Sandwich Day...ah yes...warm and gooey...maybe with ham?            13 - National Peach Cobbler Day...a great way to enjoy your peaches!            15 - National Glazed Spiral Ham Day...save your leftovers for an amazing grilled cheese.            19 - National Garlic Day...eat up, but don't be surprised if you're offered a mint or two.            20 - National Pineapple Upside-Down Cake Day...with or without the cherry?            23 - National Cherry Cheesecake Day...maybe a slice after the prime rib on the 27th?            25 - National Zucchini Bread Day...this is a great way to get your veggies!            27 - National Prime Rib Day...you can try, but it doesn't get much better than this.            30 - National Raisin Day...possibly nature's perfect fruit...what say you?</p>		

**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](mailto:luz.vasquez@mpark.net)**