








# MANASSAS PARK HIGH SCHOOL LUNCH MENU FOR JANUARY 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
			<b>3</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 Mandarin Orange Segments <u>VEGETABLE</u> Green Beans Raw Veggies with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	<b>4</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
			<b>7</b> <u>PROTEIN &amp; GRAIN COMBO</u> Pretzel Dog 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>8</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 Raw Veggies with Dip Tossed Salad with Dressing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>14</b> <u>PROTEIN &amp; GRAIN COMBO</u>            Cheesy Beef &amp; 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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Mandarin Orange Segments</p> <p><u>VEGETABLE</u>            Mixed Vegetables            Glazed Sweet Potatoes            Tossed Salad with Dressing</p>	<p><b>15</b> <u>PROTEIN &amp; GRAIN COMBO</u>            Beef &amp; 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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Pineapple Tidbits</p> <p><u>VEGETABLE</u>            Steamed Broccoli            Baby Carrots with Dip            Refried Beans            Tossed Salad with Dressing</p>	<p><b>16</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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Diced Peaches</p> <p><u>VEGETABLE</u>            Steamed Corn            Chicken Salsa Soup            Lettuce &amp; Diced Tomato            Tossed Salad with Dressing</p>	<p><b>17</b> <u>PROTEIN &amp; GRAIN COMBO</u>            Chicken &amp; 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</p> <p><u>FRUIT</u>            Fresh Fruit            Fruit Juice            Mandarin Orange</p> <p><u>VEGETABLE</u>            Green Beans            Raw Veggies with Dip            Steamed Broccoli &amp; Cauliflower            Tossed Salad with Dressing</p> <div style="border: 2px dashed orange; padding: 5px; text-align: center;"> <p><b>FAMILY MARKET</b>  <b>4:00 PM TO 5:30 PM</b></p> </div>	<p><b>18</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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Cinnamon Applesauce</p> <p><u>VEGETABLE</u>            Seasoned Potato Wedges            Honey Glazed Carrots            Lettuce &amp; Pickle Topping            Tossed Salad with Dressing</p>
<p><b>21</b> <b>NO SCHOOL</b>  <b>DR. MARTIN LUTHER KING JR BIRTHDAY</b></p> 	<p><b>22</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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Pineapple Tidbits</p> <p><u>VEGETABLE</u>            Green Beans            Au Gratin Potatoes            Raw Veggies with Dip            Tossed Salad with Dressing</p>	<p><b>23</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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Diced Peaches</p> <p><u>VEGETABLE</u>            Chicken Salsa Soup            Steamed Corn            Tossed Salad with Dressing</p>	<p><b>24</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</p> <p><u>FRUIT</u>            Assorted Fresh Fruit            Fruit Juice            Mandarin Orange Segments</p> <p><u>VEGETABLE</u>            Mixed Vegetables            Steamed Broccoli            Baby Carrots with Dip            Tossed Salad with Dressing</p>	<p><b>25</b> <b>NO SCHOOL</b>  <b>TEACHER WORKDAY</b></p> 

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</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>29</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 Pineapple Tidbits <u>VEGETABLE</u> Steamed Broccoli Baby Carrots with Dip Refried Beans Tossed Salad with Dressing	<b>30</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>31</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 Mandarin Orange Segments <u>VEGETABLE</u> Green Beans Raw Veggies with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	<b>FAMILY MARKET FREE FOOD</b>  <b>Manassas Park City Schools, in conjunction with the Capital Area Food Bank, is offering free food to local families!</b> <b>Come to Manassas Park High School on JANUARY 17th from 4:00 PM to 5:30 PM</b>

**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 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](http://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)**