

# MANASSAS PARK MIDDLE 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><b><u>THIS DAY IN MARCH HISTORY</u></b></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>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><b>FAMILY MARKET FREE FOOD</b></p>  <p>Manassas Park City Schools, in conjunction with the Capital Area Food Bank, is offering free food to local families!</p> <p>Come to the Manassas Park High School Commons on <b>MARCH 21st</b> from 4:00 PM to 5:30 PM</p>	<p><b>1</b> <u>PROTEIN &amp; GRAIN COMBO</u></p> <p>Grilled Chicken Sandwich Breaded Chicken Sandwich Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey &amp; Cheese Sand</p> <p>Yogurt with Crackers</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 &amp; Pickle Topping Tossed Salad with Dressing</p>
<p><b>4</b> <u>PROTEIN &amp; GRAIN COMBO</u></p> <p>Chicken &amp; Cheese Quesadilla Salisbury Steak with Biscuit Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey &amp; Cheese Sand Yogurt with Crackers</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><b>5</b> <u>PROTEIN &amp; GRAIN COMBO</u></p> <p>Chicken Tenders Penne with Meat Sauce  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey &amp; Cheese Sand Yogurt with Crackers</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><b>6</b> <u>PROTEIN &amp; GRAIN COMBO</u></p> <p>Chicken Nuggets w/ Bread Stick Fish Sandwich Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey &amp; Cheese Sand Yogurt with Crackers</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><b>7</b> <u>PROTEIN &amp; GRAIN COMBO</u></p> <p> BBQ Pork Rib Sandwich Orange Chicken with Rice  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey &amp; Cheese Sand Yogurt with Crackers</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><b>8</b> <u>PROTEIN &amp; GRAIN COMBO</u></p> <p>Cheeseburger or Hamburger Stuffed Crust Dipper Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey &amp; Cheese Sand Yogurt with Crackers</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 &amp; Sliced Tomato Steamed Broccoli &amp; Cauliflower Tossed Salad with Dressing</p>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
11	<u>PROTEIN &amp; GRAIN COMBO</u> Cheesy Beef & Mac w/ Garlic Roll Chicken Tenders Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Green Beans Glazed Sweet Potatoes Tossed Salad with Dressing	12	<u>PROTEIN &amp; GRAIN COMBO</u> Chicken & Cheese Quesadilla Stuffed Crust Dipper  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Pineapple Tidbits <u>VEGETABLE</u> Steamed Corn Baby Carrots with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	13	<u>PROTEIN &amp; GRAIN COMBO</u> Taco with Soft Shells Toasted Cheese Sandwich Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Diced Peaches <u>VEGETABLE</u> Steamed Broccoli Chicken Salsa Soup Lettuce & Diced Tomato Tossed Salad with Dressing	14	<u>PROTEIN &amp; GRAIN COMBO</u> Beef & Bean Burrito with Rice Chicken Nuggets with Rice  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Fresh Fruit Fruit Juice Mand. Orange <u>VEGETABLE</u> Corn on the Cob Raw Veggies with Dip Southwest Style Beans Tossed Salad with Dressing	15	<u>PROTEIN &amp; GRAIN COMBO</u> Grilled Chicken Sandwich Breaded Chicken Sandwich Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <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	<u>PROTEIN &amp; GRAIN COMBO</u> Chicken & Cheese Quesadilla Salisbury Steak with Biscuit Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <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	<u>PROTEIN &amp; GRAIN COMBO</u> Chicken Tenders Penne with Meat Sauce  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <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	<u>PROTEIN &amp; GRAIN COMBO</u> Chicken Nuggets w/ Bread Stick Fish Sandwich Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Diced Peaches <u>VEGETABLE</u> Chicken Salsa Soup Steamed Corn Tossed Salad with Dressing	21	<u>PROTEIN &amp; GRAIN COMBO</u>  BBQ Pork Rib Sandwich Orange Chicken with Rice  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <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	<u>PROTEIN &amp; GRAIN COMBO</u> Cheeseburger or Hamburger Stuffed Crust Dipper Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <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		




**A COMPLETE LUNCH MEAL MUST INCLUDE AT LEAST ONE SERVING OF FRUIT OR ONE SERVING OF VEGETABLE**

**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
<b>25</b> <u>PROTEIN &amp; GRAIN COMBO</u> Cheesy Beef & Mac w/ Garlic Roll Chicken Tenders Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Green Beans Glazed Sweet Potatoes Tossed Salad with Dressing	<b>26</b> <u>PROTEIN &amp; GRAIN COMBO</u> Chicken & Cheese Quesadilla Stuffed Crust Dipper  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Pineapple Tidbits <u>VEGETABLE</u> Steamed Corn Baby Carrots with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	<b>27</b> <u>PROTEIN &amp; GRAIN COMBO</u> Taco with Soft Shells Toasted Cheese Sandwich Cheese Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Diced Peaches <u>VEGETABLE</u> Steamed Broccoli Chicken Salsa Soup Lettuce & Diced Tomato Tossed Salad with Dressing	<b>28</b> <u>PROTEIN &amp; GRAIN COMBO</u> Beef & Bean Burrito with Rice Chicken Nuggets with Rice  Pepperoni Pizza Chef or Tuna Salad w/ Crackers Ham or Turkey & Cheese Sand Yogurt with Crackers <u>FRUIT</u> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Corn on the Cob Raw Veggies with Dip Southwest Style Beans Tossed Salad with Dressing	<b>29</b> <b>NO SCHOOL</b> <b>TEACHER</b> <b>WORKDAY</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**

**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.  
 703-361-1510 ext.17156 or [jerry.fitzsimmons@mpark.net](mailto:jerry.fitzsimmons@mpark.net)**