

MANASSAS PARK MIDDLE 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
			3 <u>PROTEIN & 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 Mandarin Orange Segments <u>VEGETABLE</u> Corn on the Cob Raw Veggies with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	4 <u>PROTEIN & 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
			7 <u>PROTEIN & GRAIN COMBO</u> Pretzel Dog 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	8 <u>PROTEIN & 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 Raw Veggies with Dip Tossed Salad with Dressing

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14 <u>PROTEIN & 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</p>	<p>15 <u>PROTEIN & 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 Pineapple Tidbits <u>VEGETABLE</u> Steamed Corn Baby Carrots with Dip Southwest Style Beans Tossed Salad with Dressing</p>	<p>16 <u>PROTEIN & 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</p>	<p>17 <u>PROTEIN & 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> Fresh Fruit Fruit Juice Mandarin Orange <u>VEGETABLE</u> Corn on the Cob Raw Veggies with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing</p> <div data-bbox="1459 365 1617 584" style="border: 2px dashed orange; padding: 5px; text-align: center;"> <p>FAMILY MARKET 4:00 PM TO 5:30 PM</p> </div>	<p>18 <u>PROTEIN & 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</p>
<p>21 NO SCHOOL DR. MARTIN LUTHER KING JR BIRTHDAY</p> 	<p>22 <u>PROTEIN & 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 Raw Veggies with Dip Tossed Salad with Dressing</p>	<p>23 <u>PROTEIN & 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</p>	<p>24 <u>PROTEIN & 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> Assorted Fresh Fruit Fruit Juice Mandarin Orange Segments <u>VEGETABLE</u> Mixed Vegetables Steamed Broccoli Baby Carrots with Dip Tossed Salad with Dressing</p>	<p>25 NO SCHOOL TEACHER WORKDAY</p> 

**WE RESERVE THE RIGHT TO CHANGE MENUS DUE TO
THE AVAILABILITY OF FOODS AND UNSCHEDULED SCHOOL CLOSINGS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 <u>PROTEIN & 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	29 <u>PROTEIN & 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 Pineapple Tidbits <u>VEGETABLE</u> Steamed Corn Baby Carrots with Dip Southwest Style Beans Tossed Salad with Dressing	30 <u>PROTEIN & 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	31 <u>PROTEIN & 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 Mandarin Orange Segments <u>VEGETABLE</u> Corn on the Cob Raw Veggies with Dip Steamed Broccoli & Cauliflower Tossed Salad with Dressing	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 the Manassas Park High School Commons on JANUARY 17th from 4:00 PM to 5:30 PM

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

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