

# MANASSAS PARK MIDDLE SCHOOL & HIGH SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>	<b><u>MAIN DISH - SELECT 1</u></b>
Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel	Apple Strudel
Bagel with Cream Cheese	Bagel with Cream Cheese	Bagel with Cream Cheese	Bagel with Cream Cheese	Bagel with Cream Cheese
Blueberry Muffin x2	Blueberry Muffin x2	Blueberry Muffin x2	Blueberry Muffin x2	Blueberry Muffin x2
Blueberry Pancakes with Syrup	Blueberry Pancakes with Syrup	Blueberry Pancakes with Syrup	Blueberry Pancakes with Syrup	Blueberry Pancakes with Syrup
Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)	Cereal Pack (includes cereal, snack and juice)
Mini-Bagel with Strawberry Cream Cheese	Mini-Bagel with Strawberry Cream Cheese	Mini-Bagel with Strawberry Cream Cheese	Mini-Bagel with Strawberry Cream Cheese	Mini-Bagel with Strawberry Cream Cheese
Mini-Cinni Cinnamon Roll	Mini-Cinni Cinnamon Roll	Mini-Cinni Cinnamon Roll	Mini-Cinni Cinnamon Roll	Mini-Cinni Cinnamon Roll
Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich	Peanut Butter & Jelly Sandwich
Yogurt with Blueberry Muffin	Yogurt with Blueberry Muffin	Yogurt with Blueberry Muffin	Yogurt with Blueberry Muffin	Yogurt with Blueberry Muffin
<b><u>JUICE - SELECT 1</u></b>	<b><u>JUICE - SELECT 1</u></b>	<b><u>JUICE - SELECT 1</u></b>	<b><u>JUICE - SELECT 1</u></b>	<b><u>JUICE - SELECT 1</u></b>
Apple or Orange	Apple or Orange	Apple or Orange	Apple or Orange	Apple or Orange
<b><u>FRUIT - SELECT 1</u></b>	<b><u>FRUIT - SELECT 1</u></b>	<b><u>FRUIT - SELECT 1</u></b>	<b><u>FRUIT - SELECT 1</u></b>	<b><u>FRUIT - SELECT 1</u></b>
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<b>A COMPLETE BREAKFAST MEAL MUST INCLUDE AT LEAST ONE SERVING OF SERVING OF FRUIT OR JUICE</b>				

REVISED 5/30/19

**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**

**ALL MEALS INCLUDE YOUR CHOICE OF ONE MILK**

**Breakfast Prices: Full: \$1.50 Reduced: \$ .30 Adult: \$2.25**

**Super Size: when you purchase a complete breakfast meal you can add one main dish for \$1.50**

**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.

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