




FEBRUARY 2012
ELEMENTARY SCHOOL MENU


Bagged lunches available on field trip days with advance notice!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Break-fast		Corn Salad	Confetti Fries Chicken Slider OR Cereal w/Cheese Stick	Orange Wedges Skillet Frittata w/Toast w/Jelly OR Cereal w/Cheese Stick	Chilled Applesauce Mini-Pancakes OR Cereal w/Cheese Stick
Lunch Pick 1 Entrée	½ cup Vegetable Oil ¼ cup Vinegar 1 tsp. Lemon Juice 2 tsp. Sugar ½ tsp. Salt ¼ tsp. Hot Pepper Sauce	4 cups Frozen Corn, Thawed 2 large Tomatoes, diced ½ cup Red Onion, diced ½ cup Green Pepper, diced ¼ cup Chopped Cilantro	Pepperoni Pizza Enchilada Pie w/Chips & Salsa Cheese Pizza Yogurt w/Granola Bar Turkey & Cheese Salad w/Granola Bar	Lasagna w/French Bread Corn Dog Nuggets Chili Cheese Wrap Yogurt w/French Bread Chicken Fajita Salad w/French Bread	Crispy Chicken/Bun w/Lettuce & Pickle Broccoli Cheese Soup & Turkey & Cheese Sub w/Lettuce & Pickle Flame Broiled Teriyaki Veggie Patty/Bun w/Lettuce & Pickle Yogurt w/Granola Bar Chicken Caesar Salad w/Granola Bar
Pick 2 Sides	Mix oil, vinegar, lemon juice, sugar, salt and pepper sauce together. Add thawed corn, diced vegetables and chopped cilantro. Mix well. Cover and chill for several hours or overnight. Yield: 10 servings		Hot Spiced Apples Mandarin Orange Spinach Salad Raw Vegetables w/Dip Pear Wedges w/Yogurt Dip	Steamed Broccoli Cucumber Wedges & Baby Carrots w/French Dressing Banana & Kiwi Halves Fruit Crisp	Curly Fries Mixed Vegetables Berry Fruit Salad Graham Banana Bites
NATIONAL SCHOOL COUNSELING WEEK – FEBRUARY 6-10, 2012					
Break-fast	Hot Spiced Apples Pancakes OR Cereal w/Cheese Stick	Blended Fruit Juice Egg & Bacon Pizza OR Cereal w/Cheese Stick	Chilled Orange Juice Sausage Slider OR Cereal w/Cheese Stick	Fresh Banana Ham & Cheese Croissant OR Cereal w/Cheese Stick	Chilled Orange Juice Cheese Omelet w/Toast w/Jelly OR Cereal w/Cheese Stick
Lunch Pick 1 Entrée	Hamburger Sliders w/Lettuce & Tomato Shredded Turkey Burrito w/Cheese, Lettuce & Tomato w/Cinnamon Bread Pizza Sticks w/Dipping Sauce Yogurt w/Cinnamon Bread Double Cheese Salad w/Cinnamon Bread	Crispy Chicken/Bun w/Lettuce & Pickle Sloppy Joe/Bun Vegetable Lasagna w/Bread Stick Yogurt w/Bread Stick Chicken Caesar Salad w/Bread Stick	Popcorn Chicken w/Dinner Roll Zesty Meatloaf w/Dinner Roll Italian Hot Pocket Yogurt w/Dinner Roll Chicken Strip Salad w/Dinner Roll	Ravioli & Meat Sauce w/French Bread Chicken Teriyaki over Rice w/French Bread Flame Broiled Teriyaki Veggie Patty/Bun w/Lettuce & Pickle Yogurt w/French Bread Popcorn Chicken Salad w/French Bread	Mini-Pancakes w/Sausage Spicy Chicken/Bun w/Lettuce & Pickle Fiesta Grilled Cheese Sandwich Yogurt w/Granola Bar Ham & Cheese Salad w/Granola Bar
Pick 2 Sides	Corn Salad Carrots & Celery Sticks w/Dip Chilled Peaches Pear Wedges w/Yogurt Dip	Baked Beans Tossed Salad w/Dressing Chilled Mixed Fruit Orange Wedges & Grapes	Mashed Potatoes w/Gravy Green Beans Apple Wedges w/Yogurt Dip Strawberry Shortcake	Mandarin Orange Spinach Salad Creamy Cucumber Moons Chilled Pineapple Fruit Salsa w/Cinnamon Chips	Tater Tots Hot Spiced Apples Broccoli, Cauliflower & Carrots w/Dip Fresh Banana

 **This is a Pork Product**

 **This is a Vegetarian Product**

 **This is a Whole Grain**

Milk is offered at every meal.

An Uncrustable PB&J Sandwich and Hummus & Pita Chips are offered daily as vegan entrée choices.

"w"/preceding a menu item or condiment indicates that item may be refused.

Any questions or concerns please call School Food and Nutrition Services
 Central Office at (703)791-7314.

Check out the Choices!

This year's menu features more whole grains, fresh fruits and vegetables and vegetarian choices.



Breakfast Available in all Schools. Eating a nutritious breakfast is an important start for the day. Studies show that children who eat breakfast are better prepared to participate in the day's learning activities than those who start their day without breakfast. School breakfast is significantly associated with improved scores on standardized achievement tests, and a lower rate of both absenteeism and tardiness. Students eligible for free or reduced price lunch are also eligible for free or reduced price breakfast.

Prepayments - Students may set up meal and/or cash accounts with the Food Services manager in the morning before school using cash or checks. Prepayments made into meal accounts (breakfast or lunch) can be used only for complete meals. Cash accounts can be used to purchase breakfast, lunch or a la carte items. Accounts can be purchased for any number of days or amounts of money. **Please tell us how you want your prepayments credited; to a meal account, a cash account or all three (breakfast, lunch and cash).** Make checks payable to "Prince William County School Food and Nutrition Services". By paying for your purchase with a check, you are accepting our check acceptance policy. In the unlikely event your check is returned unpaid, you understand and agree that your check will be electronically re-deposit at your bank for the face value plus a \$35.00 processing fee and any protest or bad check return fee charged by your financial institution. This action will be taken without further notice.

Prepayment can also be made online at mylunchmoney.com. There is a fee of \$1.95 for each transaction. This service also provides parents the opportunity to view the students sales history & receive low balance notices via email. These services are available to the parent at no charge.

Breakfast - Per Day	
All Levels Full Price Student	\$1.35
All Levels Reduced Price Student	\$.30
Adult Price	\$1.90
Second Student Breakfast	\$1.90
Lunch - Per Day	
Elementary Full Price Student	\$2.15
All Levels Reduced Price Student	\$.40
Adult Price	\$3.10
Second Student Lunch	\$3.10
Soy Milk	\$1.25
Milk	\$.60
Kindergarten Snack	\$.85
School Made Cookies	1/35¢
Frozen Novelty Treats	\$.65

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Chilled Applesauce 13 Mini-Pancakes OR Cereal w/Cheese Stick	Confetti Fries 14 Chicken Slider OR Cereal w/Cheese Stick	Blended Fruit Juice 15 Skillet Frittata w/Toast w/Jelly OR Cereal w/Cheese Stick	Chilled Orange Juice 16 Sausage Breakfast Pizza OR Cereal w/Cheese Stick	Fresh Banana 17 French Toast Sticks OR Cereal w/Cheese Stick
Lunch Pick 1 Entrée	Popcorn Chicken w/Dinner Roll Baked Bean Chili w/Dinner Roll Grilled Cheese Sandwich Yogurt w/Dinner Roll Turkey & Cheese Salad w/Dinner Roll	Macaroni & Cheese w/Little Smokies w/Cinnamon Bread Stick Fiesta Lasagna w/Cinnamon Bread Stick Chili Cheese Wrap Yogurt w/Cinnamon Bread Stick Popcorn Chicken Salad w/Cinnamon Bread Stick	Stuffed Crust Pepperoni Pizza Chicken Fajita w/Cheese, Lettuce & Tomato w/Chips & Salsa Stuffed Crust Cheese Pizza Yogurt w/Granola Bar Ham & Cheese Salad w/Granola Bar	Beef Nachos w/Cheese Sauce w/French Bread Chicken Broccoli Cheese Rice w/French Bread Stuffed Shells w/French Bread Yogurt w/French Bread Chicken Caesar Salad w/French Bread	Cheeseburger/Bun w/Lettuce & Pickle Fish Nuggets w/Cinnamon Bread Pizza Sticks w/Dipping Sauce Yogurt w/Cinnamon Bread Double Cheese Salad w/Cinnamon Bread
Pick 2 Sides	Mashed Potatoes w/Gravy Brussel Sprouts w/Cheese Sauce Chilled Mixed Fruit Orange Wedges & Apple Half	Steamed Broccoli Tossed Salad w/Dressing Fresh Melon Frozen Fruit Juice Cup	Golden Corn Hot Spiced Apples Carrots & Celery w/Dip Orange & Kiwi Wedges	Green Beans Mandarin Orange Spinach Salad Tropical Fruit Salad Fruit Crisp	French Fries Chicken Salsa Soup Chilled Mandarin Oranges Fuji Apple
Breakfast	20	Orange Wedges 21 Egg & Bacon Pizzz OR Cereal w/Cheese Stick	Sweet Tots 22 Chicken Slider OR Cereal w/Cheese Stick	Blended Fruit Juice 23 Ham & Cheese Croissant OR Cereal w/Cheese Stick	Fresh Banana 24 Cheese Omelet w/Toast w/Jelly OR Cereal w/Cheese Stick
Lunch Pick 1 Entrée	 PRESIDENTS DAY				
Pick 2 Sides					
		Crispy Chicken /Bun w/Lettuce & Pickle Chili w/Cheesy Bread Stick Flame Roasted Teriyaki Veggie Patty/Bun w/Lettuce & Pickle Yogurt w/Cheesy Bread Stick Chicken Caesar Salad w/Cheesy Bread Stick	Pepperoni Pizza White Chicken Chili w/Tortilla Chips Cheese Pizza Yogurt w/Granola Bar Ham & Cheese Salad w/Granola Bar	Chicken Tenders w/Dinner Roll Taco Soup w/Tortilla Chips & Cheese Pizza Sticks w/Dipping Sauce Yogurt w/Dinner Roll Chicken Strip Salad w/Dinner Roll	Spaghetti & Meat Sauce w/Garlic Bread Chicken Teriyaki over Rice w/Garlic Bread Italian Hot Pocket Yogurt w/Garlic Bread Tuna Chef Salad w/Garlic Bread
Breakfast	Chilled Orange Juice 27 Sausage Breakfast Pizza OR Cereal w/Cheese Stick	Blended Fruit Juice 28 Ham & Cheese Croissant OR Cereal w/Cheese Stick	Confetti Fries 29 Chicken Slider OR Cereal w/Cheese Stick	FRESH FOR YOU During the month of February we will be serving the following locally grown fruits & vegetables – Apples & Lettuce. VIRGINIA GROWN	
Lunch Pick 1 Entrée	Chicken Wings & Red Beans & Rice w/French Bread Chicken Etouffee over Rice w/French Bread Grilled Cheese Sandwich Yogurt w/French Bread Ham & Cheese Salad w/French Bread	Macaroni & Cheese w/Little Smokies w/Cinnamon Bread Stick Beef Nachos w/Cheese Sauce w/Cinnamon Bread Stick Italian Hot Pocket Yogurt w/Cinnamon Bread Stick Turkey & Cheese Salad w/Cinnamon Bread Stick	Pepperoni Pizza Enchilada Pie w/Chips & Salsa Cheese Pizza Yogurt w/Granola Bar Taco Salad w/Granola Bar		
Pick 2 Sides	Green Beans Carrots & Celery Sticks w/Dip Chilled Pears Citrus Boat	Tossed Salad w/Dressing Broccoli Salad Chilled Applesauce Orange Wedges	Hot Spiced Apples Mandarin Orange Spinach Salad Raw Vegetables w/Dip Pear Wedges w/Yogurt Dip		

Menu subject to change due to availability of foods and emergency school closings.

2011-12 USDA Non-discrimination Statement: "In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free 866.632.9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339; or 800.845.6136 (Spanish). USDA is an equal opportunity provider and employer."

Availability of Free & Reduced Price Meals

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) are eligible for free or reduced price meals. Applications for meal assistance are available at each school or electronically at www.pwcs.menus.schoolfusion.us/