



MARCH 2017 ELEMENTARY SCHOOL MENU

Bagged lunches available on field trip days with advance notice!



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|---|--|---|---|
| Breakfast | <p>PWC Annual Food Show Help decide what's on next years menu! Colgan High School Thursday, March 9, 2017 6 – 7 pm or 7 – 8 pm Call 703.791.7314 to make reservations.</p> | <p>FRESH FOR YOU</p> <p>During the month of March we will be serving the following locally grown fruits & vegetables –</p> <p>Apples, Cabbage, Kale & Lettuce.</p> <p>This year all our milk will come from Virginia farms.</p> | Chilled Apple Juice Raisins ¹ <u>Choose 1</u> Ham & Cheese Croissant Cereal & Nutri-Grain Bar <u>Choose 1 Protein & Grain</u> Cheese Quesadilla Corn Dog Nuggets Spaghetti & Meat Sauce w/Garlic Bread <u>Add:</u> Steamed Broccoli <u>Garden Vegetable Bar</u> Pomegranate Blueberry Spinach Salad Cucumber Slices Pumpkin Souffle <u>Choose ½ Cup Fruit</u> Chilled Mixed Fruit Kiwi Wedges | <p>Dr. Seuss's Birthday Celebration ²</p> Calypso Crush Vegetable Juice Blend Fresh Pear <u>Choose 1</u> Green Eggs & Ham w/Toast Cereal & Toast <u>Choose 1 Protein & Grain</u> Chicken & Waffles Mini Pancakes w/Sausage Links Western Omelet w/Cinnamon Bread Stick <u>Add:</u> Potato Wedges <u>Garden Vegetable Bar</u> Greek Salad Sunny Broccoli & Cauliflower Toss Celery Sticks <u>Choose ½ Cup Fruit</u> Chilled Applesauce Fresh Melon | Chilled Orange Juice Chilled Peaches ³ <u>Choose 1</u> Pancake Puppy Cereal & Egg Pop <u>Choose 1 Protein & Grain</u> Spicy Chicken/Bun Chicken Enchilada Fish Nuggets w/Cinnamon Bread <u>Add:</u> Baked Beans Kickin' Roasted Veggies <u>Garden Vegetable Bar</u> Tossed Salad Sliced Tomato & Pickles <u>Choose ½ Cup Fruit</u> Fresh Apple Graham Banana Bites |
| LUNCH | | | NATIONAL SCHOOL BREAKFAST WEEK – "Take the School Breakfast Challenge" – MARCH 6-10, 2017 | | |
| Breakfast | Chilled Orange Juice Raisins ⁶ <u>Choose 1</u> Blueberry Mini-Pancakes Cereal & Cheese Stick <u>Choose 1 Protein & Grain</u> Sweet & Sour Chicken over Rice w/Cinnamon Bread Stick Chili w/Cheese & Tostitos Scoops Pizza Sticks w/Dipping Sauce <u>Add:</u> Baked Potato Broccoli & Cauliflower w/Cheese Sauce <u>Garden Vegetable Bar</u> Greek Salad Baby Carrots <u>Choose ½ Cup Fruit</u> Apple Wedges Chilled Peaches | Cherry Star Vegetable Juice Blend Chilled Applesauce ⁷ <u>Choose 1</u> Sausage Breakfast Pizza Cereal & Nutri-Grain Bar <u>Choose 1 Protein & Grain</u> Chicken Teriyaki over Rice w/Dinner Roll Ham & Cheese Pull-Apart Bread Sticks Vegetable Lasanga w/Dinner Roll <u>Add:</u> Sunshine Carrots <u>Garden Vegetable Bar</u> Super Food Salad Celery Sticks Cucumber Slices <u>Choose ½ Cup Fruit</u> Pear Wedges Frozen Fruit Juice Cup | Chilled Orange Juice Sweet Potato Fries ⁸ <u>Choose 1</u> Ham & Cheese Croissant Cereal & Nutri-Grain Bar <u>Choose 1 Protein & Grain</u> Popcorn Chicken w/Dinner Roll Southwest Pizza Zesty Meatloaf w/Dinner Roll <u>Add:</u> Mashed Potatoes w/Gravy Stir Fried Cabbage <u>Garden Vegetable Bar</u> Harvest Romaine Salad Baby Carrots <u>Choose ½ Cup Fruit</u> Kiwi Wedges Fresh Grape Clusters | Chilled Apple Juice Fresh Banana ⁹ <u>Choose 1</u> Chicken Slider Cereal & Cheese Stick <u>Choose 1 Protein & Grain</u> Cheese Pizza Pepperoni Pizza Sloppy Joe/Bun <u>Add:</u> Green Beans <u>Garden Vegetable Bar</u> BLT Romaine Salad Creamy Cucumber Moons Broccoli Florets <u>Choose ½ Cup Fruit</u> Orange Wedges Strawberry Shortcake | Chilled Blended Fruit Juice Orange Wedges ¹⁰ <u>Choose 1</u> French Toast Sticks Cereal & Egg Pop <u>Choose 1 Protein & Grain</u> Crispy Chicken/Bun Fish Nuggets w/Fiesta Cornbread Vegetarian Stuffed Peppers w/Fiesta Cornbread <u>Add:</u> Green Beans <u>Garden Vegetable Bar</u> Greek Salad Sliced Tomato & Pickles Baby Carrots <u>Choose ½ Cup Fruit</u> Chilled Peaches Banana |

Pork Product

Vegetarian Entree

Entrée Prepared Fresh In Each School Kitchen

Yogurt & Sliced Fruit Bread; SunWise Sandwich & Cheese Stick w/Crackers; and MYO Chef Salad available daily.

ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW-FAT, FAT-FREE CHOCOLATE or FAT-FREE STRAWBERRY MILK.

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 a great variety of fruits, vegetables & whole grains.



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 redeposit at your bank for the face value plus a \$40.00 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 myschoolbucks.com. There is a fee of \$1.95 for each transaction. This service also provides parents the opportunity to view the student's 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 | \$1.45 |
| All Levels Reduced Price Student | \$.30 |
| Adult Price | \$2.00 |
| Second Student Breakfast | \$2.00 |
| Lunch - Per Day | |
| Elementary Full Price Student | \$2.45 |
| All Levels Reduced Price Student | \$.40 |
| Adult Price | \$3.40 |
| Second Student Lunch | \$3.40 |
| Soy Milk | \$1.25 |
| Milk | \$.65 |
| School Made Cookies | 1/40¢ |
| Frozen Novelty Treats | \$.75 |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|--|---|--|---|--|
| Break-fast | Chilled Apple Juice Raisins 13 Choose 1 Banana Mini-Pancakes Cereal & Cheese Stick | Cherry Star Vegetable Juice Blend Citrus Boat 14 Choose 1 Cheese & Egg Pizza Cereal & Nutri-Grain Bar | Calypso Crush Vegetable Juice Blend Chilled Applesauce 15 Choose 1 Ham & Cheese Croissant Cereal & Nutri-Grain Bar | Chilled Blended Fruit Juice Fresh Banana 16 Choose 1 Skillet Frittata Wrap Cereal & Cheese Stick | Chilled Orange Juice Craisins 17 Choose 1 Pancake Puppy Cereal & Cheese Stick |
| LUNCH | Choose 1 Protein & Grain Macaroni & Cheese w/Dinner Roll Morningstar Chik'n Nuggets w/Dinner Roll Hamburger/Bun Add: Trees, Clouds & Sunshine Garden Vegetable Bar Tossed Salad Grape Tomatoes Roasted Chickpeas Choose ½ Cup Fruit Chilled Mandarin Oranges Fruit Salsa w/Graham Crackers | Choose 1 Protein & Grain Chicken Tenders w/Dinner Roll Beef Enchilada Pie w/Tortilla Chips & Salsa Cheese Quesadilla Add: Mashed Potatoes w/Gravy Brussel Sprouts w/Cheese Sauce Garden Vegetable Bar BLT Romaine Salad Sunny Broccoli & Cauliflower Toss Choose ½ Cup Fruit Chilled Peaches Apple Wedges | Choose 1 Protein & Grain Cheesy Taco Rice Cheese Pizza Chicken Fajita w/Cheese Garden Vegetable Bar Fiesta Veggie Dip & Chips Tossed Salad Corn Salad Lettuce & Tomato Choose ½ Cup Fruit Chilled Pears & Blueberries Orange Wedges | Choose 1 Protein & Grain Cheesy Bread Corn Dog Nuggets Baked Ziti w/Garlic Bread Add: Green Beans Garden Vegetable Bar Layered Lettuce Salad Pomegranate Blueberry Spinach Salad Baby Carrots Choose ½ Cup Fruit Chilled Mixed Fruit Fresh Strawberries | Choose 1 Protein & Grain Crispy Chicken/Bun Roasted BBQ Chicken w/Banana Bread Tuna Salad Sub Add: Curly Fries Broccoli Cheese Soup Lucky Leprechaun Green Vegetable Garden Vegetable Bar Tossed Salad Sliced Tomatoes & Pickles Choose ½ Cup Fruit Fresh Apple Honey Lime Fruit Toss |
| Break-fast | Chilled Apple Juice Raisins 20 Choose 1 Blueberry Mini-Pancakes Cereal & Cheese Stick | Chilled Blended Fruit Juice Fresh Apple 21 Choose 1 Sausage Breakfast Pizza Cereal & Nutri-Grain Bar | Cherry Star Vegetable Juice Blend Baby Carrots 22 Choose 1 Ham & Cheese Croissant Cereal & Nutri-Grain Bar | Chilled Orange Juice Craisins 23 Choose 1 Chicken Slider Cereal & Cheese Stick | Calypso Crush Vegetable Juice Blend Orange Wedges 24 Choose 1 French Toast Sticks Cereal & Cheese Pop |
| LUNCH | Choose 1 Protein & Grain Pizza Sticks w/Dipping Sauce Teriyaki Chicken Drumstick w/Pasta & Roasted Vegetables w/Garlic Bread Italian Sausage Stuffed Pepper w/Garlic Bread Add: "Candy" Corn Garden Vegetable Bar BLT Romaine Salad Baby Carrots Celery Sticks Choose ½ Cup Fruit Chilled Pineapple Chunks Kiwi Wedges | Choose 1 Protein & Grain Popcorn Chicken w/Dinner Roll Zesty Meatloaf w/Dinner Roll Mini Calzones w/Dipping Sauce Add: Mashed Potatoes w/Gravy Parmesan Broccolini Garden Vegetable Bar Harvest Romaine Salad Cucumber Slices Choose ½ Cup Fruit Orange Wedges Fresh Grape Clusters | Choose 1 Protein & Grain Stuffed Crust Cheese Pizza Stuffed Crust Pepperoni Pizza Chicken Pot Pie Add: Green Beans Garden Vegetable Bar Tossed Salad Grape Tomatoes Cauliflower Florets Choose ½ Cup Fruit Apple Wedges Frozen Fruit Juice Cup | Choose 1 Protein & Grain Cheesy Bread Harvestland Beef Hot Dog/Bun w/Chili Lasagna w/Garlic Bread Add: Baked Beans Garden Vegetable Bar Greek Salad Baby Carrots Broccoli Florets Choose ½ Cup Fruit Fresh Banana Fruit Crisp | Choose 1 Protein & Grain Crispy Chicken/Bun Cheeseburger Grilled Cheese Sandwich Add: Sidewinder Fries Tomato Basil Soup Garden Vegetable Bar Tossed Salad Sliced Tomato & Pickles Choose ½ Cup Fruit Fresh Apple Tropical Fruit Salad |
| Break-fast | Cherry Star Vegetable Juice Blend Citrus Boat 27 Choose 1 Banana Mini-Pancakes Cereal & Cheese Stick | Chilled Blended Fruit Juice Fresh Apple 28 Choose 1 Cheese & Egg Pizza Cereal & Nutri-Grain Bar | Chilled Apple Juice Raisins 29 Choose 1 Ham & Cheese Croissant Cereal & Nutri-Grain Bar | Calypso Crush Vegetable Juice Blend Fresh Pear 30 Choose 1 Skillet Frittata Wrap Cereal & Cheese Stick | Chilled Orange Juice Chilled Peaches 31 Choose 1 Pancake Puppy Cereal & Cheese Pop |
| LUNCH | Choose 1 Protein & Grain Macaroni & Cheese w/Garlic Bread Honey Fire Chicken over Rice w/Garlic Bread Pepperoni & Cheese Calzone w/Dipping Sauce Add: Teriyaki Sugar Snap Blend Garden Vegetable Bar Greek Salad Baby Carrots Garbanzo Beans Choose ½ Cup Fruit Chilled Pineapple Chunks Apple Wedges | Choose 1 Protein & Grain Beef Nachos w/Cheese Sauce Cheese Pizza BBQ Pulled Pork/Bun Add: Baked Plantains Garden Vegetable Bar Creamy Cole Slaw Tossed Salad Grape Tomatoes Choose ½ Cup Fruit Chilled Mandarin Oranges Pear Wedges | Choose 1 Protein & Grain Cheese Quesadilla Corn Dog Nuggets Spaghetti & Meat Sauce w/Garlic Bread Add: Steamed Broccoli Garden Vegetable Bar Pomegranate Blueberry Spinach Salad Cucumber Slices Pumpkin Souffle Choose ½ Cup Fruit Chilled Mandarin Oranges Kiwi Wedges | Choose 1 Protein & Grain Chicken & Waffles Mini-Pancakes w/Sausage Links Western Omelet w/Cinnamon Bread Stick Add: Potato Wedges Garden Vegetable Bar Greek Salad Sunny Broccoli & Cauliflower Toss Celery Sticks Choose ½ Cup Fruit Chilled Mixed Fruit Fresh Melon | Choose 1 Protein & Grain Spicy Chicken/Bun Chicken Enchilada Fish Nuggets w/Cinnamon Bread Add: Baked Beans Kickin' Roasted Veggies Garden Vegetable Bar Tossed Salad Sliced Tomatoes & Pickles Choose ½ Cup Fruit Fresh Apple Graham Banana Bites |

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

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.pwcsnutrition.com