## JANUARY 2016
### ELEMENTARY SCHOOL MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Cherry Star Vegetable Juice Blend Raisins</td>
<td>Chilled Blended Fruit Juice Orange Wedges</td>
<td>Sunset Slip Vegetable Juice Blend Sweet Potato Fries</td>
<td>Chilled Orange Juice Craisins</td>
</tr>
<tr>
<td>Choose 1</td>
<td>Mini-Pancakes Cereal &amp; Cheese Stick</td>
<td>Choose 1 Sausage Breakfast Pizza</td>
<td>Choose 1 Ham &amp; Cheese Croissant Cereal &amp; Nutri-Grain Bar</td>
<td>Choose 1 Chicken Slider Cereal &amp; Cheese Stick</td>
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<tr>
<td>Choose 1 Protein &amp; Grain Cheeseburger Southwest Pizza Yogurt w/Granola &amp; Dinner Roll Sunbutter Spreadable</td>
<td>Choose 1 Protein &amp; Grain Beef Nachos w/Cheese Sauce w/Dinner Roll Grilled Chicken/Bun Mini Calzones w/Dipping Sauce Yogurt w/Banana Bread SunWise Sandwich &amp; Cheese Crackers</td>
<td>Choose 1 Protein &amp; Grain Chicken Fajita w/Cheese w/Tortilla Chips &amp; Salsa Cheese Pizza Yogurt w/Zucchini Bread SunWise Sandwich &amp; Cheese Crackers Grilled Chicken Chef Salad Salad w/Zucchini Bread</td>
<td>Choose 1 Protein &amp; Grain Harvestland Beef Hot Dog/Bun w/Cilantro Lasagna w/Garlic Bread Cheese Quesadillas Yogurt w/Granola &amp; Garlic Bread Sunbutter Spreadable Chicken Fajita Salad w/Garlic Bread</td>
<td>Choose 1 Protein &amp; Grain Chicken Teriyaki w/oney Rice w/Dinner Roll Tuna Goldfish Sandwich w/Broccoli Cheese Soup &amp; Crackers Pizza Sticks w/Dipping Sauce Yogurt w/Granola &amp; Dinner Roll Sunbutter Spreadable Chicken BLT Chef Salad w/Dinner Roll</td>
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<tr>
<td>Choose 2 Vegetables Mashed Potatoes w/Gravy Sunshine Carrots Steamed Broccoli</td>
<td>Choose 2 Vegetables Seasoned Potato Wedges Lettuce, Tomato &amp; Pickles Baby Carrots w/Dip</td>
<td>Choose 2 Vegetables “Candy” Corn Lettuce &amp; Tomato Celery Sticks &amp; Grape Tomatoes w/Dip</td>
<td>Choose 2 Vegetables Baked Beans Greek Salad Baby Carrots &amp; Broccoli w/Dip</td>
<td>Choose 2 Vegetables Green Beans Tossed Salad w/Dressing Raw Vegetables w/Dip</td>
</tr>
<tr>
<td>Choose 1 Fruit Frozen Fruit Juice Cup Citrus Boat</td>
<td>Choose 1 Fruit Chilled Pineapple Chunks Apple Wedges w/Yogurt Dip</td>
<td>Choose 1 Fruit Hot Spiced Apples Orange Wedges &amp; Grape Clusters</td>
<td>Choose 1 Fruit Banana Fruit Crisp</td>
<td>Choose 1 Fruit Fresh Apple Tropical Fruit Salad</td>
</tr>
</tbody>
</table>

### LUNCH

| **BREAKFAST** | Cherry Star Vegetable Juice Blend Citrus Boat | Chilled Orange Juice Raisins | Chilled Blended Fruit Juice Fresh Apple | Chilled Apple Juice Fresh Pear |
| Choose 1 | Pancake Puppy Cereal & Cheese Stick | Choose 1 Egg & Cheese Sandwich Cereal & Nutri-Grain Bar | Choose 1 Chicken slider Cereal & Cheese Stick | Choose 1 Turkey Sausage & Cheese Toast Cereal & Nutri-Grain Bar |
| Choose 1 Protein & Grain | Popcorn Chicken w/Dinner Roll Hamburger/Bun Grilled Cheese Sandwich Yogurt w/Zucchini Bread SunWise Sandwich & Cheese Crackers Harvest Chicken Salad w/Zucchini Bread | Choose 1 Protein & Grain Corn Dog Nuggets Pulled Smoked Pork/Bun Mini Cheese Pizza Bagels Yogurt w/Wild Berry Bread SunWise Sandwich & Cheese Crackers Ham & Cheese Salad w/Wild Berry Bread | Choose 1 Protein & Grain Crispy Chicken/Bun Sloppy Joe/Bun Vegetable Lasagna Roll-Up Garden Salad & Dressing | Choose 1 Protein & Grain Stuffed Crust Pepperoni Pizza Sweet & Sour Chicken over Rice w/Cinnamon Bread Stuffed Crust Cheese Pizza Yogurt w/Granola & Nutri-Grain Bar Sunbutter Spreadable Taco Salad w/Nutri-Grain Bar |
| Choose 2 Vegetables | Mashed Potatoes w/Gravy Brussels Sprouts w/Cheese Sauce Lettuce, Tomato & Pickles | Choose 2 Vegetables Baked Beans Kickin’ Roasted Veggies Creamy Cole Slaw | Choose 2 Vegetables Curly Fries Sunny Broccoli & Cauliflower Toss Lettuce, Tomato & Pickles | Choose 2 Vegetables Teriyaki Sugar Snap Blend Carrots & Celery Sticks w/Dip Pumpkin Souffle |
| Choose 1 Fruit | Chilled Peaches Pear Wedges w/Yogurt Dip | Choose 1 Fruit Chilled Mixed Fruit Fresh Pineapple Chunks & Apple Wedges | Choose 1 Fruit Chilled Pears Fresh Melon | Choose 1 Fruit Chilled Applesauce Banana & Kiwi Halves |

**This is a Pork Product**

**This is a Vegetarian Product**

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

**Cheek 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 redeposited 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: 1/4oz: $ .75
- Frozen Novelty Treats: $ .75

Milk is offered at every meal.
Applications for meal assistance are available at each school or electronically at [www.pwcs.menus.schoolfusion.us](http://www.pwcs.menus.schoolfusion.us).

**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](http://www.pwcs.menus.schoolfusion.us).

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**FRESH FOR YOU**

During the month of January we will be serving the following locally grown fruits & vegetables – Apples & Lettuce.

This year all our milk will come from Virginia farms.

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

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