





**JUNE 2017**  
**ELEMENTARY SCHOOL MENU**

*Bagged lunches available on field trip days with advance notice!*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Break-fast</b>	 <p><b>FRESH FOR YOU</b></p> <p>During the month of June we will be serving the following locally grown fruits &amp; vegetables –</p> <p>Blackberries, Blueberries, Lettuce, Strawberries &amp; Yellow Squash.</p> <p>This year all our milk will come from Virginia farms.</p> 			Calypso Crush Vegetable Juice Blend Fresh Pear	Chilled Orange Juice Chilled Peaches
<b>LUNCH</b>				<b>Choose 1</b> Skillet Frittata Wrap Cereal & Cheese Stick	<b>Choose 1 Protein &amp; Grain</b> Chicken & Waffles Mini Pancakes w/Sausage Links Western Omelet w/Cinnamon Bread Stick
<b>Break-fast</b>	Chilled Orange Juice Raisins	<b>GOLDEN TICKET DAY</b> Cherry Star Vegetable Juice Blend Chilled Applesauce	Chilled Orange Juice Sweet Potato Fries	Chilled Apple Juice Fresh Banana	Chilled Blended Fruit Juice Orange Wedges
<b>LUNCH</b>	<b>Choose 1 Protein &amp; Grain</b> Sweet & Sour Chicken over Rice w/Cinnamon Bread Stick Chili w/Cheese & Tostitos Scoops Pizza Sticks w/Dipping Sauce	<b>Choose 1 Protein &amp; Grain</b> Chicken Teriyaki over Rice w/Dinner Roll Ham & Cheese Pull-Apart Bread Sticks Vegetable Lasagna w/Dinner Roll	<b>Choose 1 Protein &amp; Grain</b> Popcorn Chicken w/Dinner Roll Southwest Pizza Zesty Meatloaf w/Dinner Roll	<b>Choose 1 Protein &amp; Grain</b> Cheese Pizza Pepperoni Pizza Sloppy Joe/Bun	<b>Choose 1 Protein &amp; Grain</b> Crispy Chicken/Bun Fish Nuggets w/Fiesta Cornbread Vegetarian Stuffed Pepper w/Fiesta Cornbread
	<b>Add:</b> Baked Potato Broccoli & Cauliflower w/Cheese Sauce <b>Garden Vegetable Bar</b> Greek Salad Baby Carrots	<b>Add:</b> Sunshine Carrots <b>Garden Vegetable Bar</b> Super Food Salad Celery Sticks Cucumber Slices	<b>Add:</b> Mashed Potatoes w/Gravy Stir Fried Cabbage <b>Garden Vegetable Bar</b> Harvest Romaine Salad Baby Carrots	<b>Add:</b> Green Beans <b>Garden Vegetable Bar</b> BLT Romaine Salad Creamy Cucumber Moons Broccoli Florets	<b>Add:</b> Baked Beans <b>Garden Vegetable Bar</b> Greek Salad Sliced Tomato & Pickles Baby Carrots
	<b>Choose ½ Cup Fruit</b> Apple Wedges Chilled Peaches	<b>Choose ½ Cup Fruit</b> Pear Wedges Frozen Fruit Juice Cup	<b>Choose ½ Cup Fruit</b> Kiwi Wedges Fresh Grape Clusters	<b>Choose ½ Cup Fruit</b> Orange Wedges Strawberry Shortcake	<b>Choose ½ Cup Fruit</b> Fresh Apple Graham Banana Bites

**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](http://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.**

<b>Breakfast - Per Day</b>	
All Levels Full Price Student	\$1.45
All Levels Reduced Price Student	\$ .30
Adult Price	\$2.00
Second Student Breakfast	\$2.00
<b>Lunch - Per Day</b>	
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
<b>Break-fast</b>	Chilled Apple Juice 12 Raisins	13	14	15	
<b>L U N C H</b>	<b>Choose 1</b> Banana Mini-Pancakes Cereal & Cheese Stick  <b>Choose 1 Protein &amp; Grain</b> Macaroni & Cheese w/Dinner Roll Morningstar Chik'n Nuggets w/Dinner Roll Hamburger/Bun  <b>Add:</b> Trees, Clouds & Sunshine <b>Garden Vegetable Bar</b> Tossed Salad Grape Tomatoes Roasted Chickpeas  <b>Choose ½ Cup Fruit</b> Chilled Mandarin Oranges Fruit Salsa w/Graham Crackers	<b>MANAGER'S CHOICE</b>	<b>MANAGER'S CHOICE</b>	<b>MANAGER'S CHOICE</b>	



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](http://www.pwcsnutrition.com)

**2016-17 USDA Non-discrimination Statement:** "USDA is an equal opportunity provider and employer".



**Build a Healthy Meal**

A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy – make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.



**Drink water instead of sugary drinks.**

Soda, energy drinks, and sports drinks are a major source of added sugar and calories in American diets.



**10 Tips**

1. Make half your plate veggies and fruits.
2. Add lean protein.
3. Include whole grains – aim to make at least half your grains whole grains.
4. Don't forget the dairy – pair your meal with a cup of fat-free or low-fat milk.
5. Avoid extra fat.
6. Take your time – savor your food.
7. Use a smaller plate at meals to help with portion control.
8. Take control of your food – eat at home more often so you know exactly what you are eating.
9. Try new foods.
10. Satisfy your sweet tooth in a healthy way – indulge in a naturally sweet dessert – fruit!