



Prince William County

PUBLIC SCHOOLS

Providing A World-Class Education

2016-2017 PRINCE WILLIAM COUNTY MIDDLE SCHOOL LUNCH MENU

LUNCH MENU

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Protein & Grain <ul style="list-style-type: none"> Popcorn Chicken w/ Dinner Roll Chicken Pot Pie Grilled Cheese Sandwich Add <ul style="list-style-type: none"> Mashed Potatoes with Gravy Green Beans Garden Vegetable Bar <ul style="list-style-type: none"> Celery Sticks Super Food Salad Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Mandarin Oranges Fresh Grape Clusters Grapefruit Wedges 	Baja Cantina Build your own Burrito or Nachos Choose 2 Grains <ul style="list-style-type: none"> Cilantro Lime Rice Corn Tortilla Chips Flour Tortilla Choose 1 Protein <ul style="list-style-type: none"> Southwest Chicken Spicy Beef Baja Fish Sticks Add <ul style="list-style-type: none"> Queso or Shredded Cheddar Cheese Black Beans Garden Vegetable Bar <ul style="list-style-type: none"> Corn Salad Shredded Romaine Lettuce Pico de Gallo Choose 1 Cup Fruit <ul style="list-style-type: none"> Apple Wedges Chilled Peaches Kiwi Wedges 	Choose 1 Protein & Grain <ul style="list-style-type: none"> Chicken Parmesan with Garlic Bread Spicy Chicken/Bun Personal Pan Cheese Pizza <ul style="list-style-type: none"> Italian Stuffed Peppers with Garlic Bread Add <ul style="list-style-type: none"> Parmesan Broccolini Garden Vegetable Bar <ul style="list-style-type: none"> Shredded Romaine Lettuce Sliced Tomatoes & Pickle Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Pears & Red Grapes Orange Wedges Fruit Crisp 	Choose 1 Protein & Grain <ul style="list-style-type: none"> Harvestland Beef Hot Dog/Bun with Chili Steak & Cheese Stromboli with Dipping Sauce Cheesy Bread Add <ul style="list-style-type: none"> Curly Fries Garden Vegetable Bar <ul style="list-style-type: none"> Tossed Salad Cauliflower Florets Choose 1 Cup Fruit <ul style="list-style-type: none"> Fresh Banana Fresh Strawberries Chilled Pineapple Chunks 	Dragon Bowl Build your own Asian Bowl Choose 2 Grains <ul style="list-style-type: none"> Cinnamon Roll Rice Choose 1 Protein <ul style="list-style-type: none"> Honey Fire Chicken Kung Pao Chicken Sweet and Sour Meatball Add <ul style="list-style-type: none"> Shredded Asian Carrots Teriyaki Sugar Snaps Garden Vegetable Bar <ul style="list-style-type: none"> BLT Romaine Salad Celery Sticks Choose 1 Cup Fruit <ul style="list-style-type: none"> Creamy Cucumber Moons Fresh Apple Frozen Fruit Juice Cup Honey Lime Fruit Toss

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Protein & Grain <ul style="list-style-type: none"> Chili w/Cheese & Fritos Harvestland Beef Hot Dog/Bun w/Chili Teriyaki Drumstick w/Flame Roasted Pasta & Garlic Bread Add <ul style="list-style-type: none"> Baked Potato Broccoli & Cauliflower with Cheese Sauce Garden Vegetable Bar <ul style="list-style-type: none"> Greek Salad Baby Carrots Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Pears & Red Grapes Graham Banana Bites Orange Wedges 	Baja Cantina Choose 1 Protein & Grain <ul style="list-style-type: none"> Chicken Enchilada Spicy Beef Soft Tacos w/Cheese Cheese Quesadilla Add <ul style="list-style-type: none"> Refried Beans Garden Vegetable Bar <ul style="list-style-type: none"> Corn Salad Shredded Romaine Lettuce Pico de Gallo Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Peaches Apple Wedges Chilled Pineapple Chunks 	On a Bun Build your own sandwich Choose 1 Protein & Grain <ul style="list-style-type: none"> Crispy Chicken/Bun Chicken Teriyaki Sub Steak Sub Add <ul style="list-style-type: none"> American or Pepper Jack Cheese Potato Wedges Garden Vegetable Bar <ul style="list-style-type: none"> Shredded Romaine Lettuce Sliced Tomatoes & Pickles Pumpkin Soufflé Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Applesauce Kiwi Wedges Chilled Mandarin Oranges 	Choose 1 Protein & Grain <ul style="list-style-type: none"> Meatball Sub Macaroni & Cheese with Garlic Bread Pepperoni & Cheese Calzone Garden Vegetable Bar <ul style="list-style-type: none"> Baby Carrots Celery Sticks Pomegranate Blueberry Spinach Salad Choose 1 Cup Fruit <ul style="list-style-type: none"> Orange Wedges Chilled Pineapple Chunks Strawberry Shortcake 	Breakfast for Lunch Choose 1 Protein & Grain <ul style="list-style-type: none"> Chicken & Waffles Mini Pancakes & Turkey Sausage Links Cheese & Egg Pizza Add <ul style="list-style-type: none"> Sweet Potato Fries or Roasted Sweet Potatoes & Apples Garden Vegetable Bar <ul style="list-style-type: none"> Tossed Salad Broccoli Florets Choose 1 Cup Fruit <ul style="list-style-type: none"> Fresh Banana Chilled Mixed Fruit Fresh Melon

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Protein & Grain <ul style="list-style-type: none"> Popcorn Chicken with Dinner Roll Chicken Pot Pie Vegetarian Stuffed Pepper with Dinner Roll Add <ul style="list-style-type: none"> Mashed Potatoes w/Gravy Stir Fried Cabbage Garden Vegetable Bar <ul style="list-style-type: none"> Greek Salad Broccoli Florets Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Mandarin Oranges Fruit Salsa with Graham Crackers Fresh Pear 	Baja Cantina Build your own Burrito or Nachos Choose 2 Grains <ul style="list-style-type: none"> Cilantro Lime Rice Corn Tortilla Chips Flour Tortilla Choose 1 Protein <ul style="list-style-type: none"> Southwest Chicken Spicy Beef Baja Fish Sticks Add <ul style="list-style-type: none"> Queso or Shredded Cheddar Cheese Black Beans Garden Vegetable Bar <ul style="list-style-type: none"> Corn Salad Shredded Romaine Lettuce Pico de Gallo Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Peaches Apple Wedges Chilled Pears & Blueberries 	Choose 1 Protein & Grain <ul style="list-style-type: none"> Chicken Parmesan w/Garlic Bread Crispy Chicken/Bun Personal Pan Cheese Pizza <ul style="list-style-type: none"> Mini Calzone with Dipping Sauce Garden Vegetable Bar <ul style="list-style-type: none"> BLT Romaine Salad Baby Carrots Celery Sticks Choose 1 Cup Fruit <ul style="list-style-type: none"> Chilled Pineapple Chunks Kiwi Wedges Orange Wedges 	Choose 1 Protein & Grain <ul style="list-style-type: none"> Lasagna w/Garlic Bread Corn Dog Nuggets Cheese Quesadilla Add <ul style="list-style-type: none"> Sidewinder Fries <ul style="list-style-type: none"> Kickin' Roasted Veggies Garden Vegetable Bar <ul style="list-style-type: none"> Tossed Salad Grape Tomatoes Choose 1 Cup Fruit <ul style="list-style-type: none"> Fresh Banana Fresh Strawberries Fruit Crisp 	Dragon Bowl Build Your Own Asian Bowl Choose 2 Grains <ul style="list-style-type: none"> Cinnamon Roll Rice Choose 1 Protein <ul style="list-style-type: none"> Chicken Teriyaki General Tso's Chicken Sweet and Sour Chicken Add <ul style="list-style-type: none"> Shredded Asian Carrots Maui Vegetable Blend Garden Vegetable Bar <ul style="list-style-type: none"> Layered Lettuce Salad Cucumber Slices Choose 1 Cup Fruit <ul style="list-style-type: none"> Fresh Apple Tropical Fruit Salad Frozen Fruit Juice Cup



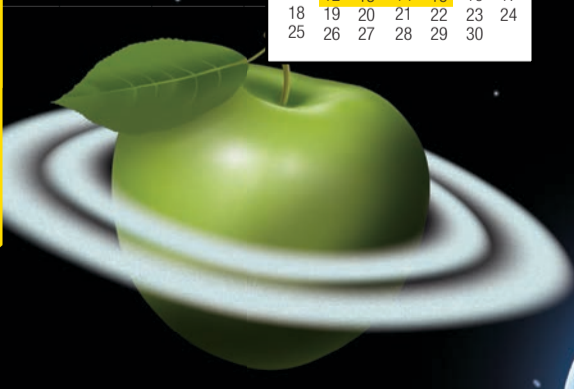
SCHOOL MEAL CALENDAR

- Week One Meal Plan
- Week Two Meal Plan
- Week Three Meal Plan
- Week Four Meal Plan

August '16	September '16	October '16	November '16	December '16	January '17	February '17	March '16	April '16	May '17
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MEAL PRICING

STUDENT BREAKFAST	\$1.45
REDUCED STUDENT BREAKFAST	\$0.30
ADULT BREAKFAST	\$2.00
SECOND STUDENT BREAKFAST	\$2.00
SOY MILK	\$1.25
STUDENT LUNCH	\$2.60
REDUCED STUDENT LUNCH	\$0.40
ADULT LUNCH	\$3.40
SECOND STUDENT LUNCH	\$3.40



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WEEK 4

MONDAY

- Choose 1 Protein & Grain**
 - Chicken Tenders with Dinner Roll
 - Zesty Meatloaf with Dinner Roll
 - Fiesta Fish Fillet with Dinner Roll
- Add**
 - Mashed Potatoes w/Gravy
 - Brussels Sprouts with Cheese Sauce
- Garden Vegetable Bar**
 - Baby Carrots
 - Greek Salad
 - Sunny Broccoli Cauliflower Toss
- Choose 1 Cup Fruit**
 - Chilled Mixed Fruit
 - Apple Wedges
 - Graham Fresh Banana Bites

TUESDAY

- Baja Cantina**
- Choose 1 Protein & Grain**
 - Beef Enchilada Pie with Cinnamon Bread Stick
 - Chicken Fajitas w/Cheese
 - Camita Soft Tacos w/Cheese
- Add**
 - Baked Plantains
- Garden Vegetable Bar**
 - Fiesta Veggie Dip & Chips
 - Corn Salad
 - Shredded Romaine Lettuce
 - Pico de Gallo
- Choose 1 Cup Fruit**
 - Chilled Peaches
 - Fresh Pear
 - Frozen Fruit Juice Cup

WEDNESDAY

- On a Bun**
- Build your own sandwich
- Choose 1 Protein & Grain**
 - Crispy Chicken/Bun
 - Steak Sub
 - Chicken Teriyaki Sub
- Add**
 - American or Pepper Jack Cheese
 - Curly Fries
 - Baked Beans
- Garden Vegetable Bar**
 - Shredded Romaine Lettuce
 - Sliced Tomatoes & Pickles
- Choose 1 Cup Fruit**
 - Chilled Pears & Red Grapes
 - Fresh Banana
 - Kiwi Wedges

THURSDAY

- Choose 1 Protein & Grain**
 - Ham & Cheese Pull Apart Bread Sticks
 - Roasted BBQ Chicken w/ Dinner Roll
 - Spaghetti w/ Meat Sauce w/Dinner Roll
- Add**
 - Steamed Broccoli
- Garden Vegetable Bar**
 - Tossed Salad
 - Cucumber Slices
 - Grape Tomatoes
- Choose 1 Cup Fruit**
 - Pear Wedges
 - Chilled Mixed Fruit
 - Fruit Crisp

FRIDAY

- Dragon Bowl**
- Build Your Own Asian Bowl
- Pork Fried Rice w/Dinner Roll OR
- Choose 2 Grains**
 - Dinner Roll
 - Rice
- Choose 1 Protein**
 - Chicken Teriyaki
 - Dragon Fire Chicken
- Add**
 - Sesame Green Beans
 - Sweet & Sour Pineapple
- Garden Vegetable Bar**
 - Harvest Romaine Salad
 - Baby Carrots
 - Broccoli Florets
- Choose 1 Cup Fruit**
 - Chilled Pineapple Chunks
 - Fresh Grape Clusters
 - Orange Wedges

PIZZA AND BURGER LINE

MONDAY

- Choose 1 Protein & Grain**
 - Cheese Pizza Wedge
 - Pepperoni Pizza Wedge
 - Pizza Sticks w/ Dipping Sauce
- CHOOSE UNLIMITED GARDEN VEGETABLES AND UP TO 1 CUP FRUIT FROM ASSORTED ITEMS**

TUESDAY

- Choose 1 Protein & Grain**
 - Cheese Pizza Wedge
 - Pepperoni Pizza Wedge
 - Pizza Sticks w/ Dipping Sauce
- CHOOSE UNLIMITED GARDEN VEGETABLES AND UP TO 1 CUP FRUIT FROM ASSORTED ITEMS**

WEDNESDAY

- On a Bun**
- Build your own sandwich
- Choose 1 Protein & Grain**
 - Spicy Chicken/Bun (Wk 1)
 - Crispy Chicken/Bun (Wk 2,3,4)
 - Hamburger/Bun (Wk 1,2,3,4)
 - Fish Fillet/Bun (Wk 1,3)
 - BBQ Pulled Pork/Bun (Wk 2,4)
- ADD CHEESE:**
 - American or Pepper Jack
- CHOOSE UNLIMITED GARDEN VEGETABLES AND UP TO 1 CUP FRUIT FROM ASSORTED ITEMS**

THURSDAY

- Choose 1 Protein & Grain**
 - Stuffed Crust Cheese Pizza
 - Stuffed Crust Pepperoni Pizza
 - Southwest Pizza
- CHOOSE UNLIMITED GARDEN VEGETABLES AND UP TO 1 CUP FRUIT FROM ASSORTED ITEMS**

FRIDAY

- Choose 1 Protein & Grain**
 - Cheese Pizza Wedge
 - Pepperoni Pizza Wedge
 - Pizza Sticks w/ Dipping Sauce
- CHOOSE UNLIMITED GARDEN VEGETABLES AND UP TO 1 CUP FRUIT FROM ASSORTED ITEMS**

ALL LUNCHES INCLUDE A CHOICE OF SKIM, LOW FAT, CHOCOLATE OR STRAWBERRY MILK.

 = PORK
 = VEGETARIAN

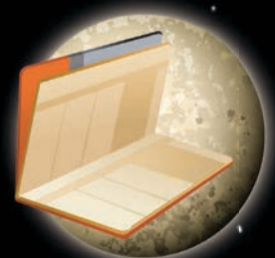
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WAYS TO PAY FOR MEALS



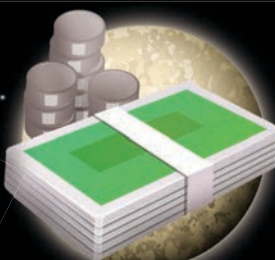
PRE-PAYMENTS ONLINE

Pre-payments can be made online at myschoolbucks.com. There is a fee of \$1.95 for each transaction. Myschoolbucks.com 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.



CHECK

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 may be electronically redeposited at your bank for the face value plus a \$40.00 processing fee, and any bad check return fee charged by your financial institution. This action will be taken without further notice.



CASH

Cash may be brought to the cafeteria for deposit to a student's account, or students may pay with cash on a daily basis.

school food & nutrition services

703-791-7314

http://pwcsnutrition.com/