


































































MARCH 2010
MIDDLE SCHOOL MENU

Bagged lunches available on field trip days with advance notice! 

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pick 1 Entrée	Popcorn Chicken w/Dinner Roll  Honey BBQ Beef Rib w/Dinner Roll  Black Bean & Corn Salsa w/Cheese Sauce & Tostitos  Yogurt  w/Dinner Roll  Pepperoni & Cheese Salad w/Dinner Roll 	Stuffed Shells & Meat Sauce w/Garlic Bread  Chipotle Chicken/White or Wheat Bun w/Lettuce & Pickle  Morningstar Chik'n Nuggets  Yogurt  w/Garlic Bread  Popcorn Chicken Salad w/Garlic Bread 	Gordita  w/Cheese Sauce, Lettuce & Tomato  Macaroni & Cheese w/Little Smokies  w/Cinnamon Bread Stick  Italian Hot Pocket  Yogurt  w/Cinnamon Bread Stick  Chicken Caesar Salad w/Cinnamon Bread Stick 	Crispy Chicken/White or Wheat Bun w/Lettuce & Pickle  Chili w/Cheesy Bread Stick  Black Bean Empanadas  Yogurt  w/Cheesy Bread Stick  Turkey & Cheese Salad w/Cheesy Bread Stick 	Chicken Tenders w/Cinnamon Bread  2 Hot Dog/White or Wheat Bun w/Chili  Grilled Cheese Sandwich  Yogurt  w/Cinnamon Bread  Chicken Strip Salad w/Cinnamon Bread 
Pick 2 Sides	Mashed Potatoes w/Gravy Steamed Broccoli Chilled Peaches Orange Wedges & Apple Half	Green Beans Carrots & Celery w/Dip Pear Wedges w/Yogurt Dip Frozen Fruit Juicee	Creamy Cucumber Moons Broccoli, Cauliflower & Carrots w/Dip Chilled Applesauce Orange & Kiwi Wedges	Baked Potato w/Sour Cream Broccoli & Cauliflower w/Cheese Sauce Tropical Fruit Salad Fruit Juice Gelatin	French Fries Pasta & Flame Roasted Vegetables Chilled Mandarin Orange Fuji Apple
Entrée	Chicken Parmesan w/Italian Bread Stick  Popcorn Shrimp w/Italian Bread Stick  Toasted Pierogies  Yogurt  w/Italian Bread Stick  Turkey & Cheese Salad w/Italian Bread Stick 	Crispy Chicken/White or Wheat Bun w/Lettuce & Pickle  Steak & Cheese Sub w/Lettuce & Pickle  Chili Cheese Wrap  Yogurt  w/Granola Bar  Pepperoni & Cheese Salad w/Granola Bar 	Nachos w/Cheese Sauce w/Cinnamon Bread Stick  Spicy Chicken/White or Wheat Bun w/Lettuce & Pickle  Egg Roll w/Fried Rice  Yogurt  w/Cinnamon Bread Stick  Chicken Strip Salad w/Cinnamon Bread Stick 	Chicken Tenders w/Dinner Roll  Teriyaki Beef Dippers w/Dinner Roll  Black Bean Empanadas  Yogurt  w/Dinner Roll  Taco Salad w/Dinner Roll 	Spaghetti & Meat Sauce w/French Bread  Chicken Teriyaki over Rice w/French Bread  Grilled Cheese Sandwich  Yogurt  w/French Bread  Chicken Tender Salad w/French Bread 
Pick 2 Sides	Hot Spiced Apples Tossed Salad w/Dressing Baby Carrots w/Dip Orange Wedges & Grapes	Broccoli Cheese Soup w/Crackers  Baked Beans Pear Wedges w/Yogurt Dip Fruit Sherbet	Seasoned Potato Wedges Raw Vegetables w/Dip Apple Half & Kiwi Wedges Fruit Crisp	Mashed Potatoes w/Gravy Brussel Sprouts w/Cheese Sauce Chilled Peaches Banana w/Chocolate Dip	Green Beans Baby Carrots & Broccoli w/Dip Chilled Applesauce Frozen Grapes

 Pork Product  Vegetarian Product  Whole Grain

Milk is offered at every meal.

"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.

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.

Make prepayments online by visiting mylunchmoney.com.

Check out the Choices!

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

Breakfast - Per Day

All Levels Full Price Student	\$1.20
All Levels Reduced Price Student	\$.30
Adult Price	\$1.75
Second Student Breakfast	\$1.75

Lunch - Per Day

Middle Full Price Student	\$2.25
All Levels Reduced Price Student	\$.40
Adult Price	\$3.10
Second Student Lunch	\$3.10
Soy Milk	\$1.00
Milk	\$.60
School Baked Cookies	1/35¢

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Pick 1 Entrée	Spicy Popcorn Chicken w/Dinner Roll 🌽 15 Cheeseburger/Bun w/Lettuce & Pickle Black Bean & Corn Salsa w/Cheese Sauce & Tostitos 🌽 Yogurt 🌽 w/Dinner Roll Pepperoni & Cheese Salad w/Dinner Roll 🌽	Macaroni & Cheese w/Little Smokies 🌽 w/Garlic Bread Nachos 🌽 w/Cheese Sauce w/Garlic Bread Black Bean Empanadas 🌽 Yogurt 🌽 w/Garlic Bread Spicy Popcorn Chicken Salad w/Garlic Bread	Shamrock Celebration 17 Chicken Fajita w/Cheese, Lettuce & Tomato w/Cinnamon Bread Stick 🌽 Enchilada Pie w/Cinnamon Bread Stick Morningstar Chik'n Nuggets w/Cinnamon Bread Stick Yogurt 🌽 w/Cinnamon Bread Stick Taco Salad w/Cinnamon Bread Stick 🌽	Lasagna w/French Bread 🌽 18 Kung Pao Chicken over Rice w/French Bread Italian Hot Pocket 🌽 Yogurt 🌽 w/French Bread Chicken Caesar Salad w/French Bread 🌽	Crispy Chicken/White or Wheat Bun w/Lettuce & Pickle Steak & Cheese Stromboli w/Dipping Sauce Grilled Cheese Sandwich 🌽 Yogurt 🌽 w/Granola Bar Tuna Chef Salad w/Granola Bar 🌽
Pick 2 Sides	Mashed Potatoes w/Gravy Mixed Vegetables Citrus Boat Chilled Pears	Tossed Salad w/Dressing Broccoli Salad 🌽 Apple Wedges w/Caramel Dip Fruit Juice Gelatin	Curly Fries Hot Spiced Apples Baby Carrots & Broccoli w/Dip Fruit Medley • Shamrock Cookie •	Steamed Broccoli Cucumber Wedges & Carrots w/French Dressing Chilled Applesauce Orange & Kiwi Wedges	Tater Tots Creamy Cucumber Moons Chilled Mixed Fruit Apple Wedges & Grapes
Lunch Pick 1 Entrée	2 Soft Tacos w/Cheese, Lettuce & Tomato Turkey & Bacon Sub 🌽 w/Lettuce & Tomato Morningstar Chik'n Nuggets w/Bread Stick 🌽 Yogurt 🌽 w/Bread Stick Pepperoni & Cheese Salad w/Bread Stick 🌽	Enchilada Pie w/Chips 🌽 & Salsa Hamburger Sliders w/Lettuce & Pickle Egg Roll w/Fried Rice 🌽 Yogurt 🌽 w/Granola Bar Taco Salad w/Granola Bar 🌽	Chicken Tenders w/Dinner Roll 24 Zesty Meatloaf w/Dinner Roll 🌽 Chili Cheese Wrap 🌽 Yogurt 🌽 w/Dinner Roll Ham & Cheese Salad w/Dinner Roll 🌽	Spaghetti 🌽 & Meat Sauce w/Italian Bread Stick 25 2 Hot Dog/White or Wheat Bun w/Chili Black Bean & Corn Salsa w/Cheese Sauce & Tostitos 🌽 Yogurt 🌽 w/Italian Bread Stick Chicken Tender Salad w/Italian Bread Stick	Steak & Cheese Stromboli w/Dipping Sauce Spicy Chicken/White or Wheat Bun w/Lettuce & Pickle Grilled Cheese Sandwich 🌽 Yogurt 🌽 w/Granola Bar Tuna Chef Salad w/Granola Bar 🌽
Pick 2 Sides	Broccoli & Cheese Rice 🌽 Carrots & Snow Peas w/Dip Chilled Peaches Graham Banana Bites	Baked Beans Apple Wedges w/Caramel Dip Chilled Mixed Fruit Sweet Potato Pie Square	Mashed Potatoes w/Gravy Collards Orange Wedges & Apple Half Fruit Juice Gelatin	Green Beans Tossed Salad w/Dressing Pear Wedges w/Yogurt Dip Frozen Fruit Juicee	Curly Fries Hot Spiced Apples Broccoli, Cauliflower & Carrots w/Dip Fresh Banana



**MARCH 29 – APRIL 5, 2010
SPRING BREAK – NO SCHOOL**



SHAMROCK CELEBRATION
Have a Shamrock Cookie with lunch on Wednesday, March 17, 2010.



Get On Your Way to Hylton HS
Tuesday, March 16, 2010 & Thursday, March 18, 2010
6 – 7 pm or 7 – 8 pm
Call 703-791-7314 to make reservations

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

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.pwcs.edu.

Pizza Lunch

Pizza and Pizza Sticks are available everyday, along with two cold side dishes and milk.

Monday: Cheese & Pepperoni French Bread Pizza

Tuesday: Cheese & Pepperoni Z Pizza

Wednesday: Cheese & Pepperoni Stuffed Crust Pizza

Thursday: Cheese & Pepperoni Pizza Wedge

Friday: Chicken Quesadilla & Pepperoni Pizza Wedge



zpizza

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 Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.