


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		14 Popcorn Chicken w/Biscuit Stick Choose 1 or 2 Whipped Potatoes w/Gravy Fresh Veggie Cup Choose 1 Fresh, Dried, or Canned Fruit	15 Spaghetti w/Meat Sauce (GF sauce) & Texas Toast Choose 1 or 2 Manager's Choice Salad Steamed Green Beans Choose 1 Watermelon or Canned Fruit	16 <i>New</i> BBQ Chicken & Cheese Mini Quesadillas Choose 1 or 2 Vegetarian Baked Beans Fresh Steamed Broccoli Choose 1 Fresh, Dried, or Canned Fruit
		19 Hot Dog (GF) on WG Roll Choose 1 or 2 Vegetable Blend Juice Straight Cut Potatoes Choose 1 Fresh, Dried, or Canned Fruit	20 <i>New</i> Stuffed Crust Pizza Choose 1 or 2 Caesar Salad Fresh Steamed Broccoli Normandy Choose 1 Fresh, Dried & Canned Fruit	21 Chicken Tenders w/WG Muffin Choose 1 or 2 AuGratin Potatoes Steamed Green Beans Choose 1 Fresh, Dried & Canned Fruit
26 <i>New</i> Mozzarella Cheese Stuffed Breadstick w/Pizza Sauce Choose 1 or 2 Steamed Golden Corn Nuggets Fresh Steamed Broccoli Choose 1 Fresh, Dried & Canned Fruit	27 Corn Dog Nuggets Choose 1 or 2 Vegetarian Baked Beans Fresh Veggie Cup Choose 1 Fresh, Dried & Canned Fruit	28 Chicken Patty Sandwich Choose 1 or 2 Straight Cut Potatoes Parmesan Zucchini Crunch Choose 1 Fresh, Dried & Canned Fruit	29 Try it Thursday Beef Tacos (GF) on Soft Tortilla w/Shredded Cheese & Lettuce Choose 1 or 2 Refried Beans Fresh Baby Carrots & Diced Tomatoes Choose 1 Fresh, Dried & Canned Fruit	30 Salisbury Steak w/School Baked Dinner Roll Choose 1 or 2 Whipped Potatoes w/Gravy Green Beans Choose 1 Fresh, Dried & Canned Fruit

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 WG Muffin w/Cheese Stick/Yogurt Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit GF - 2 Yogurts	Choose 1 Cinnamon Toast Crunch Bar Cereal w/Toast or Grahams Breakfast Pizza Pancake Sausage Wrap GF - 2 Yogurts	Choose 1 Whole Grain Yeast Donut Cereal w/Toast or Grahams Breakfast Pizza Egg & Cheese on Croissant GF - 2 Yogurts	Choose 1 Egg Platter (Eggs, Tater Tots, & toast or 6" Tortilla) Cereal w/Toast or Grahams Breakfast Pizza Sausage & Cheese Sandwich GF - 2 Yogurts	Choose 1 WG Sweet Potato Cinnamon Roll Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit GF - 2 Yogurts
Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice

Cereal w/Toast or Grahams offered daily.

Fat free flavored and unflavored milk and 1% white milk offered daily for lunch and breakfast.

Nutritional data provided by the School Nutrition Program should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitutions may be made without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. USDA is an equal opportunity provider and employer.



What's **fresh** in School Nutrition
During the Month of August?



***fresh - Fauquier Reaches for Excellence in School Health**

- * Watermelon - **fresh** chunks of juicy watermelon = 1 serving of fruit.
- * Diced Tomatoes- **fresh** diced tomatoes. Add color and flavor to your taco with in-season freshly diced tomatoes. = 1 serving of red/orange veggie
- * Watch for "Try it Thursday" on your monthly menu. That's when a featured item or recipe will be introduced. We encourage students to try a food item that may be new

Daily Lunch Options

- PBJ Sandwich w/yogurt OR string cheese & Pretzel Stix
- Chef Salad w/crackers
- Soft Pretzel w/yogurt AND string cheese

****Toasted Cheese offered on Tues & Thurs.**

Each school lunch consists of 5 meal components: meat/meat alternate, grain, vegetable (2 servings), fruit, and milk. Students are encouraged to take all items. Students may choose as few as 3 items, for the lunch price, as long as one of the items is a fruit or vegetable.

A la carte snack items such as WG chips/crackers, WG school baked cookies, low fat/reduced sugar ice cream, water, & 100% fruit juice are available daily for students to purchase. There is no charging of a la carte items.

Meal Application and PrePayments

Notice of Direct Certification

Families who were mailed a *Notice of Direct Certification* from School Nutrition Administration (prior to school opening) **DO NOT** need to complete a meal application for 2019-20. If you did not receive a letter for EACH enrolled student in your household, please contact us immediately at 540-422-7223.

Free and Reduced Price Meal Application

Meal benefit applications for the new school year are now being accepted. Families who received meal benefits last year **MUST** submit a new application and be approved on or before September 25, 2019. Prior year approvals will expire after lunch meal service on September 25, 2019.

Meal applications are processed within 5-10 business days upon receipt in the School Nutrition Administration office. Applications must include ALL household members (related or unrelated) and their GROSS income (pay before taxes or deductions), signature, and LAST FOUR NUMBERS of the social security number (or box checked indicating there is no SSN). Applications without all income information CANNOT be processed unless a valid Supplemental Nutrition Assistance Program (SNAP) case number OR Virginia Temporary Assistance to Needy Families (TANF) number is provided OR the student for which the application is being submitted is a foster child.

Apply Online

Applying for school meal benefits has never been easier. Visit www.fcps1.org/nutrition and click on **MySchoolApps** for an online application.

Convenient - Applying online allows school nutrition to process your application for meal benefits faster than ever before.

Secure - Your information is protected using the highest security standards in the industry.

Worry-Free - **MySchoolApps** walks you through the entire application process, ensuring it's complete and ready to submit.

Prepayments and Meal Account Balance Monitoring

FREE lunch account monitoring is available by enrolling your student with My School Bucks.

Easily pay for school meals with electronic check, debit, or credit card at www.myschoolbucks.com, a division of Heartland Prepayment Systems, Inc. A small convenience fee will be applied by Heartland for payment transactions.



Ensure your student has the funds needed to purchase breakfast and lunch. If you are experiencing a financial hardship at any time during the year, please contact the School Nutrition office (540-422-7223) to inquire about free or reduced meal benefits.

2019-20 Elementary School Meal Prices

Breakfast daily

Elementary, full price \$1.65 day/\$8.25 wk
Reduced price, all levels \$0.30 day/\$1.50 wk

Lunch daily

Elementary, full price \$2.80 day/\$14.00 wk
Reduced price, all levels \$0.40 day/\$2.00 wk