










MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Manager Planned Menu  Fresh, Dried & Canned Fruit	Mini Pancakes or Mini Waffles w/Two Chicken Sausage Patties Variety of Fresh Veggie Cups Tater Tots Fresh, Dried & Canned Fruit & Fruit Juice	Popcorn Chicken w/WG Mini Sweet Bread or Muffin Savory Loop Potatoes Romaine Salad Fresh, Dried & Canned Fruit
Cinco de Mayo Celebration 6	7	8	9	10
Cheese Quesadilla w/Pico de Gallo  Refried Beans Mini Churros <i>Sidekicks</i> and Fresh Fruit	Crispy Plain or Spicy Chicken Patty Straight Cut Potatoes Baked Beans Fresh, Dried & Canned Fruit	Spaghetti w/Meat Sauce & WG Texas Toast (GF w/out noodles & toast) Fresh Caesar Salad Steamed Green Beans Fresh, Dried & Canned Fruit	Chicken Tenders w/School Baked Dinner Roll Manager Choice Potato Variety of Fresh Veggie Cups <i>Fresh Strawberry Cups</i> , Dried & Canned Fruit & Fruit Juice	WG Cheese Bites w/dipping sauce Fresh Steamed Broccoli Golden Corn Nuggets Fresh, Dried & Canned Fruit
13	14	15	16	17
Manager Planned Menu  Fresh, Dried & Canned Fruit	Popcorn Chicken w/Seasoned Bread Stick Whipped Potatoes w/Gravy Manager's Choice Salad Fresh, Dried & Canned Fruit	Beef Taco on Soft Tortilla (taco meat GF) w/Taco Fixins Refried Beans Golden Corn Nuggets Fresh, Dried & Canned Fruit	Corn Dog Nuggets Smile Potatoes (GF) <i>Fresh Broccoli Normandy</i> Fresh, Dried & Canned Fruit & Fruit Juice	 WG Cheese or Pepperoni Pizza Fresh Baby Carrots Steamed Peas <i>Fresh Sliced Strawberries and Bananas in Strawberry Glaze</i> Fresh, Dried & Canned Fruit
20	21	22	23	24
WG Cheese Bites w/dipping sauce Fresh Steamed Broccoli Golden Corn Nuggets Fresh, Dried & Canned Fruit	Beef Nachos (GF) w/Nacho Fixins Refried Beans Fresh Baby Carrots Fresh, Dried & Canned Fruit	Mozzarella Cheese and Pepperoni Pinwheel Pocket Caesar Salad Manager Planned Veggie Fresh, Dried & Canned Fruit	Mini Pancakes or Mini Waffles w/Two Chicken Sausage Patties Variety of Fresh Veggie Cups Tater Tots Fresh, Dried & Canned Fruit & Fruit Juice	Popcorn Chicken w/WG Mini Sweet Bread or Muffin Savory Loop Potatoes Manager Planned Veggie Fresh, Dried & Canned Fruit

Breakfast Menu (Breakfast entrée options may be limited during the last week of school)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Muffin w/Cheese Stick or Yogurt Cereal w/Toast or Grahams Breakfast Pizza French Toast Sticks Frudel/Mini Cinni Chicken Biscuit Asstd Fresh, Dried & Canned Fruit and Orange Juice	Pancake Sausage Wrap Cereal w/Toast or Grahams Breakfast Pizza French Toast Sticks Omelet w/Toast Sausage/Cheese Sandwich Asstd Fresh, Dried & Canned Fruit and Orange Juice	Whole Grain Yeast Donut Cereal w/Toast or Grahams Breakfast Pizza French Toast Sticks Frudel/Mini Cinni Chicken Biscuit Asstd Fresh, Dried & Canned Fruit and Orange Juice	WG Sweet Potato Cinnamon Roll Cereal w/Toast or Grahams Breakfast Pizza French Toast Sticks Omelet w/Toast Sausage/Cheese Sandwich Asstd Fresh, Dried & Canned Fruit and Orange Juice	Egg Platter (eggs, tater tots, & toast) Cereal w/Toast or Grahams Breakfast Pizza French Toast Sticks Frudel/Mini Cinni Asstd Fresh, Dried & Canned Fruit and Orange Juice

Gluten Free breakfast - Two 4 oz yogurts, fruit, juice, & Milk

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Memorial Day 27	28	Early Dismissal 29	Early Dismissal 30	
	Hot Dog on Roll w/Baked Chips Golden Corn Nuggets Baked Beans School Baked Cookie Sidekicks Frozen Juice Cup	Manager Planned Menu 	Manager Planned Menu 	



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

*fresh - Fauquier Reaches for Excellence in School Health

Fresh Fruit of the month - Fresh Strawberries

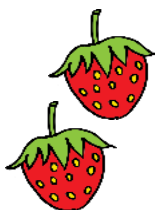
Local Strawberry Picking Farms:

Miller Farms, 12101 Orange Plank Rd, Locust Grove, VA

Hollin Farms, 1524 Snowden Road, Delaplane, VA

Messicks Farm, 6025 Catlett Road, Bealeton, VA

Liberty Mills Farm, 9166 Liberty Mills Road, Somerset, VA



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.

School Meal Accounts

Both positive and negative meal balances carry over to the next school year. Parents may check their student's balance by visiting www.myschoolbucks.com & creating an account. There is no charge to monitor student's spending. You may also contact your school's cafeteria manager for account information.

If you wish to make a cash or check payment to your student's meal account during the summer, feel free to stop by the School Nutrition central office, Mon-Thurs from 7:30-4:00.



GF next to a food item indicates the item is **gluten free**.

Gluten is in all buns, breads, crackers, muffins, & rolls. Corn tortilla chips and plain brown rice are **GF**. All fresh, unprocessed fruits and vegetables are **GF**. Gluten free menus are available daily. Additional options are available for students with diet prescriptions.