

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		14	15	16
		<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>
		Corn Dog Nuggets	Spaghetti with Meat Sauce & Texas Toast	General Tso's Chicken w/Fried Rice
		Spicy Breaded Chicken Patty Sandwich	Chicken or Cheese Quesadilla	Steak and Cheese Sub
Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	
Manager's Choice Potato Steamed Green Beans	Romaine Salad AuGratin Potatoes	Broccoli Fresh Veggie Cup Seasoned Loop Potatoes	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	
Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Watermelon , Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	
19	20	21	22	23
<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>
New Spicy Popcorn Chicken w/Biscuit	Dos Beef Tacos w/Fixins	Asian Chicken w/Fried Rice	Beefy Macaroni w/Seasoned Breadstick	<i>Fish Boat</i> - Fish Wedge w/Waffle Cut Potatoes and <u>Swt Potato Cinnamon Roll</u>
Manager's Choice Flatbread	New Chicken Parmesan on Ciabatta Bread	Meatball Sub	Breaded Chicken Patty Sandwich	Mini BBQ Chicken Quesadillas
Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different
Straight Cut Potatoes Fresh Veggie Cup	Baked Potato Steamed Corn	Straight Cut Potatoes Fresh Steamed Broccoli Fresh Baby Carrots	Vegetarian Baked Beans Romaine Salad Smile Potatoes	Coleslaw Fresh Broccoli Normandy
Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice
26	27	28	Try it Thursday 29	30
<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>	<i>Entrée (choose 1)</i>
Chicken Tenders w/Waffles	New Combo Chicken Bowl (Whipped Potatoes, Corn, Popcorn Chicken & Gravy w/Peach Cobbler Biscuit)	New & Improved Stromboli w/dipping sauce	Salisbury Steak w/School Baked Dinner Roll	Macaroni & cheese w/Biscuit Stick
Manager Choice Meatballs w/Brown Rice and Corn	Manager's Choice Beef Burger w/Fixins	Double Hot Dogs	Buffalo Chicken Wrap	Breaded Chicken Sliders
Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different	Veggies - 2 Different Fruit - 2 Different
Straight Cut Potatoes Steamed Peas	Fresh Baby Carrots Au Gratin Potatoes	Seasoned Wedge Potatoes Vegetarian Baked Beans Caesar Salad	Whipped Potatoes w/Gravy Fresh Veggie Cups (broccoli, carrots, grape tomatoes , celery)	Zucchini Parmesan Crunch Steamed Fresh Broccoli
Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice	Fresh, Dried, Canned Fruit, Frzn Fruit Juice & Fruit Juice

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Breakfast Pizza Egg & Cheese Croissant Sweet Potato Cinnamon Roll	Choose 1 Breakfast Pizza Chicken Waffle Sandwich Brkfst Platter (eggs/2 pancakes/2 sl turkey bacon)	Choose 1 Breakfast Pizza Ham Patty & Cheese Croissant WG Yeast Donut	Choose 1 Breakfast Pizza Chicken Biscuit French Toast Sticks	Choose 1 Breakfast Pizza Sausage & Cheese Biscuit Pancake Sausage Wrap
New 2 oz Cereal Bowl <i>Tater Tots with Combo Meal</i>	New 2 oz Cereal Bowl <i>Tater Tots with Combo Meal</i>	New 2 oz Cereal Bowl <i>Tater Tots with Combo Meal</i>	New 2 oz Cereal Bowl <i>Tater Tots with Combo Meal</i>	New 2 oz Cereal Bowl <i>Tater Tots with Combo Meal</i>
Choose 2 Fruit & Fruit/Veggie Juice	Choose 2 Fruit & Fruit/Veggie Juice	Choose 2 Fruit & Fruit/Veggie Juice	Choose 2 Fruit & Fruit/Veggie Juice	Choose 2 Fruit & Fruit/Veggie Juice

Cereal w/Toast or Grahams offered daily. Fat free flavored and unflavored milk and 1% white milk offered daily for lunch and breakfast.



fresh

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.
- * Tomato- **fresh** grape tomatoes. Select a portion of grape tomatoes amongst the fresh veggie cups being offered = 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 to them.



Daily Lunch Options

- Chef Salad w/crackers and/or Salad Bar
- Deli Sub Sandwiches
- Two PBJ Sandwiches
- Pizza

Each school lunch consists of 5 meal components: meat/meat alternate, grain, vegetable (2 servings), fruit (2 servings), 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.



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 our office (540-422-7223) to inquire about free or reduced meal benefits.

2019-20 School Meal Prices

Breakfast daily

High School, full price \$1.85
Reduced price, all levels \$0.30

Lunch daily

High School, full price \$3.20
Reduced price, all levels \$0.40
Milk \$0.55

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.

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 substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. USDA is an equal opportunity provider and employer.