



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 2 School Closed 	3 Cheese Bites w/Pizza Dipping Sauce Choose 1 or 2 Steamed Peas Fresh Baby Carrots Choose 1 Fresh, Dried, or Canned Fruit	4 Popcorn Chicken w/Biscuit Stick Choose 1 or 2 Whipped Potatoes w/Gravy Fresh Veggie Cup Choose 1 Fresh, Dried, or Canned Fruit	5 Spaghetti w/Meat Sauce (GF sauce) & Texas Toast Choose 1 or 2 Manager's Choice Salad Steamed Green Beans Choose 1 Fresh, Dried & Canned Fruit	6 BBQ Chicken & Cheese Mini Quesadillas Choose 1 or 2 Vegetarian Baked Beans Fresh Steamed Broccoli Choose 1 Fresh, Dried, or Canned Fruit
9 Hamburger (GF) on WG Roll Choose 1 or 2 Vegetable Blend Juice Straight Cut Potatoes Choose 1 Fresh, Dried, or Canned Fruit	10 Stuffed Crust Pizza Choose 1 or 2 Caesar Salad Fresh Steamed Broccoli Normandy Choose 1 Fresh, Dried & Canned Fruit	11 Chicken Tenders w/WG Muffin Choose 1 or 2 AuGratin Potatoes Steamed Green Beans Choose 1 Fresh, Dried & Canned Fruit	12 Beef Nachos w/Cheese Choose 1 or 2 Refried Beans Steamed Golden Corn Nuggets Choose 1 Fresh, Dried & Canned Fruit (Entire meal GF)	13 <i>Pillsbury</i> Mini Maple Pancakes w/Chicken Sausage Patties (GF) Choose 1 or 2 Manager's Choice Veggie Fresh Baby Carrots Choose 1 Cantaloupe, Dried, Canned Fruit, or Fruit Juice
16 Mozzarella Cheese Stuffed Breadstick w/Pizza Sauce Choose 1 or 2 Steamed Golden Corn Nuggets Fresh Steamed Broccoli Choose 1 Fresh, Dried & Canned Fruit	17 Corn Dog Nuggets Choose 1 or 2 Vegetarian Baked Beans Fresh Baby Carrots Choose 1 Fresh, Dried & Canned Fruit	18 Chicken Patty Sandwich Choose 1 or 2 Straight Cut Potatoes Parmesan Zucchini Crunch Choose 1 Fresh, Dried & Canned Fruit	Try it Thursday 19 Beef Tacos (GF) on Soft Tortilla w/Shredded Cheese & Lettuce  Choose 1 or 2 Refried Beans Fresh Veggie Cups (peppers, broccoli, carrots, cauliflower, celery) Choose 1 Fresh, Dried & Canned Fruit	20 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

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Choose 1 WG Muffin w/Cheese Stick/Yogurt Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 1 Cinnamon Toast Crunch Bar Cereal w/Toast or Grahams Breakfast Pizza Pancake Sausage Wrap GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 1 Whole Grain Yeast Donut Cereal w/Toast or Grahams Breakfast Pizza Egg & Cheese on Croissant GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	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 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	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

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Early Dismissal 23	24	25	26	27
Pillsbury Mini Maple Pancakes w/Chicken Sausage Patties (GF) Choose 1 or 2 Manager's Choice Veggie Fresh Baby Carrots Choose 1 Fresh, Dried, & Canned Fruit	Cheese Bites w/Pizza Dipping Sauce Choose 1 or 2 Steamed Peas Fresh Baby Carrots Choose 1 Fresh, Dried, or Canned Fruit	Popcorn Chicken w/Biscuit Stick Choose 1 or 2 Whipped Potatoes w/Gravy Fresh Veggie Cup Choose 1 Fresh, Dried, or Canned Fruit	Spaghetti w/Meat Sauce (GF sauce) & Texas Toast Choose 1 or 2 Manager's Choice Salad Steamed Green Beans Choose 1 Fresh, Dried, or Canned Fruit	BBQ Chicken & Cheese Mini Quesadillas Choose 1 or 2 Vegetarian Baked Beans Fresh Steamed Broccoli Choose 1 Fresh, Dried, or Canned Fruit

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Hot Dog (GF) on WG Roll Choose 1 or 2 Vegetable Blend Juice Straight Cut Potatoes Choose 1 Fresh, Dried, or Canned Fruit

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.



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



Fresh - Fauquier Reaches for Excellence in School Health

- * Cantaloupe - fresh chunks of juicy cantaloupe
- * Peppers - Veggie Cups with a rainbow of pepper strips

* 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.

2019-20 Elementary School Meal Prices

Breakfast daily

Elementary, full price \$1.65 day/\$8.25 wk
Reducee 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
Milk \$.55