



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day School Closed 	3 General Tso's Chicken w/Fried Rice OR Pan Pizza Choose 1 or 2 Fresh Steamed Broccoli Steamed Corn Nuggets Choose 1 Fresh, Dried, & Canned Fruits	4 Chicken Tenders w/Waffles OR Manager's Choice Beef Burger Choose 1 or 2 Straight Cut Potatoes Fresh Baby Carrots Choose 1 Fresh, Dried, & Canned Fruits	5 Beef Nachos w/Cheese OR Deli Sub Choose 1 or 2 Fresh Veggie Cup Refried Beans Choose 1 Fresh, Dried, & Canned Fruits	6 <i>Wild Mike's</i> Pizza Wedge OR BBQ Pulled Pork Sandwich Choose 1 or 2 Coleslaw Steamed Green Beans Choose 1 Fresh, Dried, & Canned Fruits
9 Salisbury Steak w/School Baked Dinner Roll OR Chicken parmesan on Ciabatta Bread Choose 1 or 2 Whipped Potatoes w/Gravy Fresh Veggie Cup Choose 1 Fresh, Dried, & Canned Fruits	10 Mozzarella Stuffed Breadsticks w/Dipping Sauce OR Breakfast Platter (2 Pancakes/Eggs/Chicken Sausage Patty) Choose 1 or 2 Manager's Choice Salad Vegetable Blend Juice Choose 1 Fresh, Dried, & Canned Fruits	11 Popcorn Chicken w/Biscuit Stick OR Meatball Sub Choose 1 or 2 Fresh Broccoli Normandy Straight Cut Potatoes Choose 1 Fresh, Dried, & Canned Fruits	12 Beef Tacos on Soft Tortilla OR Grilled Cheese w/Turkey Bacon Choose 1 or 2 Steamed Corn Nuggets Steamed Green Beans Choose 1 Fresh, Dried, & Canned Fruits & Fruit Juice	13 Buffalo Chicken Pizza OR Corn Dog Nuggets Choose 1 or 2 Vegetarian Baked Beans Fresh Baby Carrots Choose 1 Fresh, Dried, & Canned Fruits
16 Beefy Macaroni w/Breadstick OR Spicy Breaded Chicken Sandwich Choose 1 or 2 Manager's Choice Salad Steamed Peas Choose 1 Fresh, Dried, & Canned Fruits	17 Manager's Choice Beef Burger OR French Bread Pizza Choose 1 or 2 AuGratin Potatoes Fresh Steamed Broccoli Choose 1 Fresh, Dried, & Canned Fruits	18 Combo Chicken Bowl (Whipped Potatoes/Corn/Popcorn Chicken, Gravy & Mini Sweet Bread) OR Two Pancake Sausage Wraps Choose 1 or 2 Steamed Corn Nuggets Fresh Veggie Cup Choose 1 Fresh, Dried, & Canned Fruits	"Try it" Thursday 19 Cheese or Chicken Quesadilla OR Buffalo Chicken Wrap Choose 1 or 2 Fresh Veggie Cups (peppers, broccoli, carrots, celery) Refried Beans Choose 1 Fresh, Dried, & Canned Fruits & Fruit Juice 	20 Golden Crunchy Fish & Cheese Sandwich OR Macaroni & Cheese Choose 1 or 2 Vegetable Blend Juice Green Beans Choose 1 Fresh, Dried, & Canned Fruits

Breakfast Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Frudel/Mini Cinni Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit French Toast Sticks GF - 2 Yogurts Choose 2 Asstd Dried, Canned & Fresh Fruit & Juice	Choose 1 Sweet Potato Cinnamon Roll Cereal w/Toast or Grahams Breakfast Pizza Sausage/Cheese Sandwich GF - 2 Yogurts Choose 2 Asstd Dried, Canned & Fresh Fruit & Juice	Choose 1 Whole Grain Yeast Donut Cereal w/Toast or Grahams Breakfast Pizza Egg & Cheese Croissant French Toast Sticks GF - 2 Yogurts Choose 2 Asstd Dried, Canned & Fresh Fruit & Juice	Choose 1 Pancakes w/Turkey Bacon Cereal w/Toast or Grahams Breakfast Pizza Sausage/Cheese Sandwich GF - 2 Yogurts Choose 2 Asstd Dried, Canned & Fresh Fruit & Juice	Choose 1 Egg Platter (eggs/tater tots/toast) Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit GF - 2 Yogurts Choose 2 Asstd Dried, Canned & Fresh Fruit & Juice

Cereal w/Toast or Grahams offered daily.


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
Spaghetti w/Meat Sauce & Texas Toast OR Breaded Chicken Patty Sandwich Choose 1 or 2 Manager's Choice Salad Steamed Peas Choose 1 Fresh, Dried, & Canned Fruits	General Tso's Chicken w/Fried Rice OR Pan Pizza Choose 1 or 2 Fresh Steamed Broccoli Steamed Corn Nuggets Choose 1 Fresh, Dried, & Canned Fruits	Chicken Tenders w/Waffles OR Manager's Choice Beef Burger Choose 1 or 2 Straight Cut Potatoes Fresh Baby Carrots Choose 1 Fresh, Dried, & Canned Fruits	Beef Nachos w/Cheese OR Deli Sub Choose 1 or 2 Fresh Veggie Cup Refried Beans Choose 1 Fresh, Dried, & Canned Fruits	<i>Wild Mike's</i> Pizza Wedge OR BBQ Pulled Pork Sandwich Choose 1 or 2 Coleslaw Steamed Green Beans Choose 1 Fresh, Dried, & Canned Fruits

30
Salisbury Steak w/School Baked Dinner Roll OR Chicken parmesan on Ciabatta Bread Choose 1 or 2 Whipped Potatoes w/Gravy Fresh Veggie Cup Choose 1 Fresh, Dried, & Canned Fruits



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.


Daily Lunch Options

- PBJ Sandwich w/yogurt OR string cheese & Pretzel Stix
- Chef Salad w/crackers
- Cold Deli Sandwich/Sub, Monday - Thursday

2019-202 Middle School Meal Prices

Breakfast daily
Middle School, full price \$1.75
Reduce priced, all levels \$0.30

Lunch daily
Middle School, full price \$3.00
Reduce priced, all levels \$0.40



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.

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 substitutions made 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.