



June 2017 Elementary School Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Students may prepay for meals Weekly or Monthly. Prices for lunch are \$1.75 Full Price and \$.40 Reduced Price.

BREAKFAST: Students may select all 4 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.

LUNCH: Students may select all 5 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.

Menu Subject to Change Based on Product Availability

1 Choice of One
Chicken Tenders
North Carolina Pork
BBQ on Bun
*Oriental Chicken Salad
w/wo Hot Roll

Choose Up To Two
Crispy Potato Bucks
Green Beans
Baby Carrots
Fresh Side Salad
Choose Up To Two
Chilled Strawberry Cup
Fresh Apple

2 Choice of One
Asian Chicken w/wo
Hot Roll
Hot Dog on Bun (*all Beef*)
*Fresh Chef Salad w/wo
Hot Roll

Choose Up To Two
Baked Beans
Steamed Cabbage
Fresh Broccoli
Fresh Side Salad
Choose Up To Two
Chilled Applesauce
Fresh Grapes

5 Choice of One
Cheese or Pepperoni Pizza
Chicken Fajita w/wo Salsa
*Garden Lover's Salad w/wo
Bread Stick

Choose Up To Two
Potato Wedges
Steamed Spinach
Fresh Side Salad
Choose Up To Two
Chilled Peaches
Fresh Banana

6 Choice of One
Chicken Nuggets
Fish Sticks w/wo Corn
Muffin
*Fresh Chef Salad w/wo
Bread Stick

Choose Up To Two
Fresh Baked Sweet Potato
Whole Kernel Corn
Fresh Celery Sticks
Fresh Side Salad
Choose Up To Two
Chilled Pears
Fresh Orange Wedges

7 Choice of One
Oven Fried Chicken
w/wo Hot Roll
North Carolina Pork
BBQ on Bun
*Chicken Salad w/wo
Hot Roll

Choose Up To Two
Scalloped Potatoes
Steamed Cabbage
Fresh Side Salad
Choose Up To Two
Chilled Mixed Fruit
Fresh Pear

8 Choice of One
Shrimp Poppers w/ Mac
& Cheese w/wo Hot Roll
Hot Dog on Bun (*all Beef*)
*Fresh Chef Salad w/wo
Hot Roll

Choose Up To Two
Oven Baked Fries
Green Beans
Baked Beans
Fresh Side Salad
Baby Carrots
Choose Up To Two
Chilled Pineapple
Fresh Apple

9 Choice of One
Hamburger on Bun
Pork Chop w/Gravy
w/wo Hot Roll
*Grilled Chicken Salad
w/wo Hot Roll

Choose Up To Two
Mashed Potatoes
Sweet Green Peas
Fresh Broccoli
Fresh Side Salad
Choose Up To Two
Chilled Applesauce
Fresh Grapes

Nutritional information (including common food allergens) may be viewed on-line at the Food & Nutrition Services home page at: www.spsk12.net/departments/food-services (Go to the Nutrition Information link). *Disclaimer: The allergen information is based on product information sheets and ingredient labels from manufacturers. Variations may occur due to difference in supplies, product and ingredient substitutions, and formulation changes.

FREE & REDUCE MEAL APPLICATIONS are accepted daily throughout the school year. They are available on-line at sps.heartlandapps.com and also at each school office. For more information please call 925-5789.

Breakfast Menu

Choose From One of the Featured Items:

Monday – Pancake & Sausage Stick

Tuesday – Sausage Biscuit

Wednesday – Mini Pancakes

**Thursday – Cheese Omelet & Bacon w/wo
Toast**

Friday – TONY'S Breakfast Pizza

**OR Choose One of the Items Offered Daily: Assorted
Whole Grain Cereals (reduced sugar) w/wo Toast, Pop
Tarts w/wo Toast, Super Donut, Sausage Biscuit,
Yogurt w/wo Toast**

Choice of Assorted Fresh Fruits or Fruit Juices

Choice of a Variety of Ice Cold Milk

Breakfast Price: \$.85 full-price \$.30 Reduced Price

MySchoolBucks.com App – Download the MySchoolBucks.com mobile app to your smart phone or tablet. MySchoolBucks.com is a secure online prepayment service for student meal accounts. The service is FREE to parents to monitor meal account history and available money on the child's account. Parents may make prepayments to their child's (lunch, breakfast and ala carte food accounts online at all schools (Elementary, Middle & High Schools). MySchoolBucks.com charges \$1.95 fee for credit card payments.

*Smart Choice Salads are lower in fat and calories and are available at all schools as menued: Chef Salad/ Chicken Salad Cold Plate / Garden Lovers Salad/ Grilled Chicken Salad/ Oriental Chicken Salad/ Tuna Salad Cold Plate



ELEMENTARY SCHOOL MENU JUNE 2017

<p>12 Choice of One Asian Chicken w/wo Brown Rice Corn Dog Nuggets *Oriental Chicken Salad w/wo Bread Stick</p> <p>Choose Up To Two Fresh Baked Sweet Potato Broccoli Spears Whole Kernel Corn Fresh Side Salad</p> <p>Choose Up To Two Chilled Peaches Assorted Fresh Fruit</p>	<p>13 Choice of One Breaded Chicken Fillet Sandwich <i>MANAGER'S CHOICE</i> *Chicken Salad w/ wo Hot Roll</p> <p>Choose Up To Two Creamy Mashed Potatoes Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two Pineapple Cup Assorted Fresh Fruit</p>	<p>14 Choice of One Cheeseburger on Bun <i>MANAGER'S CHOICE</i> *Fresh Chef Salad w/wo Bread Stick</p> <p>Choose Up To Two Baked Beans Fresh Side Salad</p> <p>Choose Up To Two Chilled Mixed Fruit Assorted Fresh Fruit</p>	<p>15 Choice of One Cheese or Pepperoni Pizza <i>MANAGER'S CHOICE</i> *Fresh Chef Salad w/wo Bread Stick</p> <p>Choose Up To Two Oven Baked Fries Fresh Side Salad Baby Carrots</p> <p>Choose Up To Two Chilled Pears Assorted Fresh Fruit</p>	<p>16 Choice of One Hot Dog on Bun (<i>all Beef</i>) <i>MANAGER'S CHOICE</i> *Fresh Chef Salad w/wo Bread Stick</p> <p>Choose Up To Two Potato Wedges Fresh Side Salad</p> <p>Choose Up To Two Chilled Applesauce Assorted Fresh Fruit</p> <p style="text-align: center;"><u>Early Dismissal Day</u></p>
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Fresh Fruit is served daily at Breakfast and Lunch. A variety of Ice cold milk is offered with each meal.

Questions or concerns regarding the School Breakfast or Lunch Programs at Suffolk Public Schools can be directed to the Coordinator of Food and Nutrition Services by calling 925-5789, or by e-mailing Brian Williams at; brianwilliams@spsk12.net

Birthday Cup Cakes, Ice Cream Novelties and Frosted Cookies are available for celebrating your **Child's Special Day** with their classmates. These tasty treats are lower in fat and sugar and meet national Smart Snack regulations. All items must be pre-ordered (10 day notice is required) and paid for at the time of the order. Contact the Child Nutrition Manager at your child's school for details or to place an order! *Cup cakes are 40 cents each, Ice Cream novelties are \$.70 each and Frosted cookies are sold in a box of 21 cookies for \$10.50.*

**WE WISH ALL OUR STUDENTS AND STAFF A SAFE AND HAPPY SUMMER!
SEE YOU IN SEPTEMBER!**

Student Meal Charges/Negative Account Balance: When a student account balance exceeds \$15.00, we will attempt to contact the parent or guardian by phone. In addition, a collection notice letter will be mailed requesting payment within ten business days. If the requested debt payment is not satisfied by the due date, the entire outstanding balance in addition to any current meal charges will be turned over to the City for collection of the amount and any applicable fees. Students who have a negative account balance will NOT be allowed to purchase or charge ala carte snacks and beverages. ***In accordance with State Law, returned checks will be processed for collection and allowable bank and collection agency fees will be charged.***

In accordance with Federal Law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

mail:
U. S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, S.W
Washington, D.C. 20250-9410

Fax:
(202) 690-7442; or

email
program.intake@usda.gov.