

October Menu 2017 Elementary School

Grandparent's Week will be observed Monday Oct. 9th - 13th. We invite Grandparents to purchase a meal and enjoy lunch with your student(s).

Students may prepay for meals Weekly or Monthly. Prices for lunch are \$1.85 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.

<p>2 Choice of One Cheese or Pepperoni Pizza Cheeseburger on Bun Fish Sticks Fresh Chef Salad w/wo Hot Roll Tuna Salad Cold plate w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Fries Whole Kernel Corn Fresh Side Salad Choose Up To Two Chilled Mixed Fruit Fresh Grapes</p>	<p>3 Choice of One Chicken Wings w/wo Hot Roll BBQ Pork Rib Sandwich Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Potato Wedges Broccoli Spears Fresh Celery Sticks Fresh Side Salad Choose Up To Two Chilled Peach Cup Fresh Orange Wedges</p>	<p>4 Choice of One Chicken Nuggets w/wo Hot Roll Spaghetti & Meat Sauce w/wo Hot Roll Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Seasoned Potato Sticks Steamed Spinach Fresh Side Salad Choose Up To Two Chilled Pineapple Fresh VIRGINIA GROWN Gala Apple</p>	<p>5 Choice of One Tangerine Chicken Bowl w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>) Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Baked Beans Fresh Steamed Cabbage Fresh Broccoli Fresh Side Salad Choose Up To Two Chilled Strawberry Cup Fresh Pear</p>	<p>6 Choice of One Chicken Tenders Soft Beef Taco w/wo Salsa Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Mashed Potatoes w/wo Gravy Green Beans Fresh Baby Carrots Fresh Side Salad Choose Up To Two Chilled Applesauce Fresh Banana</p>
<p>Oct. 2nd - 6th is FARM TO SCHOOL WEEK in Virginia. Join us for lunch on October 4th and get a fresh "Virginia Grown" Gala Apple.</p>				
<p>9 Choice of One Cheese or Pepperoni Pizza Sloppy Joe on Bun Fresh Chef Salad w/wo Hot Roll Chicken Salad Cold plate w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Potato Wedges Steamed Spinach Fresh Side Salad Choose Up To Two Chilled Peaches Fresh Grapes</p>	<p>10 Choice of One Popcorn Chicken Meatloaf & Gravy w/wo Hot Roll Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Fluffy White Rice w/wo Gravy Whole Kernel Corn Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two Chilled Pears Fresh Orange Wedges</p>	<p>11 Choice of One FRESH COOKED Oven Fried Chicken w/wo Hot Roll Chicken Nuggets w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>)</p> <p>Choose Up To Two Scalloped Potatoes Baked Beans Fresh Side Salad</p> <p>Choose Up To Two Chilled Mixed Fruit Fresh Pear</p>	<p>12 Choice of One Shrimp Poppers w/ Mac & Cheese NC Pork BBQ on Bun Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Fries Green Beans Fresh Side Salad Fresh Baby Carrots</p> <p>Choose Up To Two Chilled Pineapple Fresh Apple</p>	<p>13 Choice of One Breaded Chicken Fillet Sandwich Hamburger on Bun Nacho Grande' Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Seasoned Potato Sticks Sweet Green Peas Fresh Broccoli Fresh Side Salad</p> <p>Choose Up To Two Chilled Applesauce Fresh Banana</p>

Fruits are served daily at Breakfast & Lunch. A variety of ice cold milk is offered with each meal.

National School Lunch Week October 9th-13th This year's theme is: "SCHOOL LUNCH: RECIPES FOR SUCCESS," and highlights the important roll that School Lunch plays in nourishing students and staff with healthy great tasting meals! Please join us!

Birthday Cup Cakes (Chocolate and White), 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.*

Breakfast Menu

Choose From One of the Featured Items:

Monday – Blueberry Muffin

Tuesday – Breakfast Chicken Sandwich

Wednesday – Cheese Omelet &/Bacon w/wo Toast

Thursday – Breakfast Sausage Sandwich

Friday - TONY'S Breakfast Pizza

OR Choose One of the Items Offered Daily: Assorted reduced sugar

Cereals w/wo Toast, Pop Tarts w/wo Toast, Breakfast Bun, Donut

Holes, Yogurt w/wo Toast

Choice of Assorted Fresh Fruits or Fruit Juices

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.

***NOTE: Parent's who have a child that will be attending a new school must update that information in the MySchoolBucks.com account.**

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

**Applications for Free and Reduced-Price meals are available at each school office and also on-line at sps.heartlandapps.com
Applications are accepted daily throughout the school year. For more information please call 925-5789.**

<p>16 Choice of One Cheese or Pepperoni Pizza Cheeseburger on Bun Fish Sticks Fresh Chef Salad w/wo Hot Roll Tuna Salad Cold plate w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Oven Baked Fries Whole Kernel Corn Fresh Side Salad <u>Choose Up To Two</u> Chilled Mixed Fruit Fresh Grapes</p>	<p>17 Choice of One Chicken Wings w/wo Hot Roll BBQ Pork Rib Sandwich Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Baked Potato Wedges Broccoli Spears Fresh Celery Sticks Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Peach Cup Fresh Orange Wedges</p>	<p>18 Choice of One Chicken Nuggets w/wo Hot Roll Spaghetti & Meat Sauce w/wo Hot Roll Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Seasoned Potato Sticks Steamed Spinach Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Pineapple Fresh Pear</p>	<p>19 Choice of One Tangerine Chicken Bowl w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>) Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Baked Beans Fresh Steamed Cabbage Fresh Broccoli Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Strawberry Cup Fresh Apple</p>	<p>20 Choice of One Chicken Tenders Soft Beef Taco w/wo Salsa Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Mashed Potatoes w/wo Gravy Green Beans Fresh Baby Carrots Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Applesauce Fresh Banana</p>
<p>23 Choice of One Cheese or Pepperoni Pizza Sloppy Joe on Bun Fresh Chef Salad w/wo Hot Roll Chicken Salad Cold plate w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Oven Baked Potato Wedges Steamed Spinach Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Peaches Fresh Grapes</p>	<p>24 Choice of One Popcorn Chicken Meatloaf & Gravy w/wo Hot Roll Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Fluffy White Rice w/wo Gravy Whole Kernel Corn Fresh Celery Sticks Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Pears Fresh Orange Wedges</p>	<p>25 Choice of One FRESH COOKED BBQ Chicken w/wo Hot Roll Chicken Nuggets w/wo Hot Roll Hot Dog on Bun (<i>all Beef</i>)</p> <p style="text-align: center;"><u>Choose Up To Two</u> Scalloped Potatoes Baked Beans Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Mixed Fruit Fresh Pear</p>	<p>26 Choice of One Shrimp Poppers w/ Mac & Cheese NC Pork BBQ on Bun Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Oven Baked Fries Green Beans Fresh Side Salad Fresh Baby Carrots</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Pineapple Fresh Apple</p>	<p>27 Choice of One Breaded Chicken Fillet Sandwich Hamburger on Bun Nacho Grande' Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Seasoned Potato Sticks Sweet Green Peas Fresh Broccoli Fresh Side Salad <u>Choose Up To Two</u> Chilled Applesauce Fresh Banana</p>
<p>30 Choice of One Cheese or Pepperoni Pizza Cheeseburger on Bun Fish Sticks Fresh Chef Salad w/wo Hot Roll Tuna Salad Cold plate w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Oven Baked Fries Whole Kernel Corn Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Mixed Fruit Fresh Grapes</p>	<p>31 Choice of One Chicken Wings w/wo Hot Roll BBQ Pork Rib Sandwich Fresh Chef Salad w/wo Hot Roll</p> <p style="text-align: center;"><u>Choose Up To Two</u> Oven Baked Potato Wedges Broccoli Spears Fresh Celery Sticks Fresh Side Salad</p> <p style="text-align: center;"><u>Choose Up To Two</u> Chilled Peach Cup Fresh Orange Wedges</p>	<p>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. <u>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.</u> Students who have a negative account balance will NOT be allowed to purchase or charge ala carte snacks and beverages. <i>In accordance with State Law, returned checks will be processed for collection and allowable bank and collection agency fees will be charged.</i></p>		
<p>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.</p>				

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. 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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and 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: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.