

# October Menu 2017

## Middle School

*Menu Subject to Change  
Based on Product  
Availability*

**Students may prepay for meals Weekly or Monthly. Prices for lunch are \$1.95 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><b>2 Choice of One</b>          Pizza Selections: Buffalo Chicken or Pepperoni Pizza          Spaghetti &amp; Meat Sauce w/wo Hot Roll          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll          Chicken Salad Cold Plate w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Oven Baked Fries          Green Beans          Steamed Broccoli  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Applesauce  <b>Fresh Grapes</b></p>	<p><b>3 Choice of One</b>          BBQ Chicken w/wo Hot Roll          Shrimp w/Mac &amp; Cheese w/wo Hot Roll          Chicken Tenders w/wo Hot Roll          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Mashed Potatoes w/wo Gravy          Whole Kernel Corn  <b>Fresh Baby Carrots</b>  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Mixed Fruit  <b>Fresh Orange Wedges</b></p>	<p><b>4 Choice of One</b>          Chicken Lo Mein w/wo Hot Roll;          Teriyaki Chicken w/wo White Rice and w/wo Hot Roll          Spicy Chicken Fillet Sandwich          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Crispy Potato Bucks          Sweet Green Peas  <b>Fresh Celery Sticks</b>  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Peaches  <b>Fresh VIRGINIA GROWN Gala Apple</b></p>	<p><b>5 Choice of One</b>          Grilled Hot Dog on Bun (all beef)          Hamburger/Cheeseburger on Bun          N C Pork BBQ on Bun          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Seasoned Potato Sticks          Baked Beans  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Strawberry Cup  <b>Fresh Pear</b></p>	<p><b>6 Choice of One</b>          Buffalo Wings w/wo Hot Roll /Traditional Wings w/wo Hot Roll / Boneless BBQ Wings w/wo Hot Roll          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Oven Baked Potato Wedges          Corn on the Cob  <b>Fresh Broccoli</b>  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Pineapple Tidbits  <b>Fresh Banana</b></p>
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**Oct. 2<sup>nd</sup> - 6<sup>th</sup> is FARM TO SCHOOL WEEK in Virginia. Join us for lunch on October 4<sup>th</sup> and get a fresh "Virginia Grown" Gala Apple.**

<p><b>9 Choice of One</b>          Pizza Selections: Cheese or Pepperoni Pizza          Spaghetti &amp; Meat Sauce w/wo Hot Roll          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll          Tuna Salad Cold Plate w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Oven Baked Fries          Green Beans          Steamed Broccoli  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Applesauce  <b>Fresh Grapes</b></p>	<p><b>10 Choice of One</b>          Oven Fried Chicken w/wo Hot Roll          Shrimp w/Mac &amp; Cheese w/wo Hot Roll          Chicken Tenders w/wo Hot Roll          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Mashed Potatoes w/wo Gravy          Whole Kernel Corn  <b>Fresh Baby Carrots</b>  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Mixed Fruit  <b>Fresh Apple</b></p>	<p><b>11 Choice of One</b>          Chicken Lo Mein w/wo Hot Roll;          Tangerine Chicken w/wo Fried Rice and w/wo Hot Roll          Breaded Chicken Fillet Sandwich          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Crispy Potato Bucks          Sweet Green Peas  <b>Fresh Celery Sticks</b>  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Peaches  <b>Fresh Orange Wedges</b></p>	<p><b>12 Choice of One</b>          Grilled Hot Dog on Bun (all beef)          Hamburger/Cheeseburger on Bun          N C Pork BBQ on Bun          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Seasoned Potato Sticks          Baked Beans  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Strawberry Cup  <b>Fresh Pear</b></p>	<p><b>13 Choice of One</b>          Buffalo Wings w/wo Hot Roll /Traditional Wings w/wo Hot Roll / Boneless BBQ Wings w/wo Hot Roll          Nachos w/Beef &amp; Cheese          Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b>          Oven Baked Potato Wedges          Fresh Steamed Cabbage  <b>Fresh Broccoli</b>  <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b>          Chilled Pineapple Tidbits  <b>Fresh Banana</b></p>
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**Fruits are served daily at Breakfast & Lunch. A variety of ice cold milk is offered with each meal.**

### 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](mailto:brianwilliams@spsk12.net)

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

<p><b>16 Choice of One</b> Pizza Selections: Buffalo Chicken or Pepperoni Pizza Spaghetti &amp; Meat Sauce w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll Chicken Salad Cold Plate w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Oven Baked Fries Green Beans Steamed Broccoli <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Applesauce <b>Fresh Grapes</b></p>	<p><b>17 Choice of One</b> BBQ Chicken w/wo Hot Roll Shrimp w/Mac &amp; Cheese w/wo Hot Roll Chicken Tenders w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Mashed Potatoes w/wo Gravy Whole Kernel Corn <b>Fresh Baby Carrots</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Mixed Fruit <b>Fresh Apple</b></p>	<p><b>18 Choice of One</b> Chicken Lo Mein w/wo Hot Roll; Tangerine Chicken w/wo Fried Rice and w/wo Hot Roll Chicken Fillet Sandwich Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Crispy Potato Bucks Sweet Green Peas <b>Fresh Celery Sticks</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Peaches <b>Fresh Orange Wedges</b></p>	<p><b>19 Choice of One</b> Grilled Hot Dog on Bun (all beef) Hamburger/Cheeseburger on Bun N C Pork BBQ on Bun Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Seasoned Potato Sticks Baked Beans <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Strawberry Cup <b>Fresh Pear</b></p>	<p><b>20 Choice of One</b> Buffalo Wings w/wo Hot Roll / Traditional Wings w/wo Hot Roll w/wo Hot Roll / Boneless BBQ Wings w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Oven Baked Potato Wedges Corn on the Cob <b>Fresh Broccoli</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Pineapple Tidbits <b>Fresh Banana</b></p>
<p><b>23 Choice of One</b> Pizza Selections: Cheese or Pepperoni Pizza Spaghetti &amp; Meat Sauce w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll Tuna Salad Cold Plate w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Oven Baked Fries Green Beans Steamed Broccoli <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Applesauce <b>Fresh Grapes</b></p>	<p><b>24 Choice of One</b> Oven Fried Chicken w/wo Hot Roll Shrimp w/Mac &amp; Cheese w/wo Hot Roll Chicken Tenders w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Mashed Potatoes w/wo Gravy Whole Kernel Corn <b>Fresh Baby Carrots</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Pears <b>Fresh Apple</b></p>	<p><b>25 Choice of One</b> Chicken Lo Mein w/wo Hot Roll; Toriyaki Chicken w/wo White Rice and w/wo Hot Roll Spicy Chicken Fillet Sandwich Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Crispy Potato Bucks Sweet Green Peas <b>Fresh Celery Sticks</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Peaches <b>Fresh Orange Wedges</b></p>	<p><b>26 Choice of One</b> Grilled Hot Dog on Bun (all beef) Hamburger/Cheeseburger on Bun N C Pork BBQ on Bun Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Seasoned Potato Sticks Baked Beans <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Strawberry Cup <b>Fresh Pear</b></p>	<p><b>27 Choice of One</b> Buffalo Wings w/wo Hot Roll / Traditional Wings w/wo Hot Roll / Boneless BBQ Wings w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Oven Baked Potato Wedges Fresh Steamed Cabbage <b>Fresh Broccoli</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Pineapple Tidbits <b>Fresh Banana</b></p>
<p><b>30 Choice of One</b> Buffalo Chicken or Pepperoni Pizza Spaghetti &amp; Meat Sauce w/wo Hot Roll Nachos w/Beef &amp; Cheese Fresh Chef Salad w/wo Hot Roll Chicken Salad Cold Plate w/wo Hot Roll</p> <p><b>Choose Up To Two:</b> Oven Baked Fries Green Beans Steamed Broccoli <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Applesauce <b>Fresh Grapes</b></p>	<p><b>31 Choice of One</b> BBQ Chicken w/wo Hot Roll Shrimp w/Mac &amp; Cheese w/wo Hot Roll Chicken Tenders w/wo Hot Roll Nachos w/Beef &amp; Cheese</p> <p><b>Choose Up To Two:</b> Mashed Potatoes w/wo Gravy Whole Kernel Corn <b>Fresh Baby Carrots</b> <b>Fresh Side Salad</b></p> <p><b>Choose Up To Two:</b> Chilled Mixed Fruit <b>Fresh Apple</b></p>	<p><b>National School Lunch Week October 9<sup>th</sup>-13<sup>th</sup></b> 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!</p> <p><b>Student Meal Charges/Negative Account Balance:</b> 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. In accordance with State Law, returned checks will be processed for collection and allowable bank and collection agency fees will be charged.</p> <p>Nutritional information (including common food allergens) may be viewed on-line at the Food &amp; Nutrition Services home page at: <a href="http://www.spsk12.net/departments/food-services">www.spsk12.net/departments/food-services</a> (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, audiotape, 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](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](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.