



ELEMENTARY SCHOOL LUNCH MENU

OCTOBER 2011



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Give Me 5! Colors That Live! Baked Cheese Sticks (WG) w/Marinara Sauce Bean & Cheese Burrito Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Campbell's Minestrone Soup Corn on the Cob Orange Quarters & Kiwi Applesauce</p> <p>ENERGY ZONE SALAD PATCH Chicken Caesar Salad w/Pretzel (WG) Chef's Salad w/Cheese & Egg w/Pretzel(WG)</p>	<p>4 Baked Chicken Tenders (3) w/Brown Rice(WG) Pork Egg Roll w/Brown Rice(WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Seasoned Black Beans Carrots w/Green & Red Pepper Strips w/Dip Chilled Pineapple w/Cherry Garnish Craisins Cantaloupe</p> <p>ENERGY ZONE SALAD PATCH Taco Salad w/Chili w/Chips(WG) or Pretzel(WG) Chef Salad w/Tuna w/Pretzel(WG)</p>	<p>5 Breakfast for Lunch: Mini Pancakes(WG) w/Turkey Sausage Patties Cheese Quesadilla Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p>CHOICE OF TWO Baked Smiley Potatoes Tossed Salad w/Spinach Banana Peach Crisp</p> <p>ENERGY ZONE SALAD PATCH Southwestern Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG) Fruit Salad w/Yogurt, Sun Butter w/Pretzel (WG)</p>	<p>6 Give Me 5! Colors That Live! Soft Taco on Flat Bread(WG) w/Shredded Cheese Spicy Chicken on Bun (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Refried Beans Lettuce, Tomato Chilled Pears w/Cherry Garnish Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH Oriental Chicken Salad w/Pretzel(WG) Chef Salad w/Cheese w/Pretzel(WG)</p>	<p>7 Give Me 5! Colors That Live! Veggie Pizza(WG) Supreme Pizza(WG) Baked Fish Fillet on Bun (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Zucchini & Carrots w/Dip Chilled Peach Slices Fruit Sherbet</p> <p>ENERGY ZONE SALAD PATCH Fruit Salad w/String Cheese &Yogurt w/Pretzel(WG)</p>

School Lunch LET'S GROW HEALTHY **NATIONAL SCHOOL LUNCH WEEK** **OCTOBER 10-14**

<p>10</p> <p>Columbus Day Holiday</p>	<p>11 Baked Chicken Tenders (3) w/Fruit Roll(WG) Hot Turkey Ham & Cheese on Croissant (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Whipped Potatoes w/Gravy Succotash (Lima Beans w/Corn) Carrots & Celery Sticks w/Dip Chilled Pears w/Cherry Garnish Orange Quarters</p> <p>NO SALADS AVAILABLE</p> <p>ENERGY ZONE SALAD PATCH Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel(WG) Fruit Salad w/Yogurt & Sun Butter w/Pretzel(WG)</p>	<p>12 Hamburger on Bun (WG) Cheeseburger on Bun(WG) Grilled Cheese Sandwich (WG) Peanut Butter Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Baked Smiley Potatoes Seasoned Chili Beans Lettuce, Tomato, Pickle Banana Peach Crisp</p> <p>ENERGY ZONE SALAD PATCH Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel(WG) Fruit Salad w/Yogurt & Sun Butter w/Pretzel(WG)</p>	<p>13 Give Me 5! Colors That Live! Spaghetti w/ Meat Sauce w/Flat Bread(WG) Spaghetti w/Marinara Sauce w/Flat Bread(WG) Chicken Pattie on Bun(WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Steamed Green Beans Broccoli Carrot Confetti Pineapple w/Cherry Garnish Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH Oriental Chicken Salad w/Pretzel(WG) Chef Salad w/Cheese w/Pretzel(WG)</p>	<p>14 French Bread Pizza Fish Taco on Flat Bread (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Mixed Vegetables Lettuce, Tomato Chilled Peach Slices Fruit Sherbet</p> <p>ENERGY ZONE SALAD PATCH Fruit Salad w/String Cheese &Yogurt w/Pretzel(WG)</p>
<p>17 Give Me 5! Colors That Live! Baked Cheese Sticks (WG) w/Marinara Sauce Beef & Bean Burrito Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Campbell's Minestrone Soup Corn on the Cob Orange Quarters & Kiwi Applesauce</p> <p>ENERGY ZONE SALAD PATCH Chicken Caesar Salad w/Pretzel (WG) Chef's Salad w/Cheese & Egg w/Pretzel(WG)</p>	<p>18 Baked Chicken Tenders (3) w/Brown Rice(WG) Pork Egg Roll w/Brown Rice(WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Seasoned Black Beans Carrots w/Green & Red Pepper Strips w/Dip Chilled Pineapple w/Cherry Garnish Craisins Cantaloupe</p> <p>ENERGY ZONE SALAD PATCH Taco Salad w/Chili w/Chips(WG) or Pretzel(WG) Chef Salad w/Tuna w/Pretzel(WG)</p>	<p>19 Breakfast for Lunch: Mini Pancakes(WG) w/Turkey Sausage Patties Hot Dog on Bun (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p>CHOICE OF TWO Baked Smiley Potatoes Tossed Salad w/Spinach Banana Peach Crisp</p> <p>ENERGY ZONE SALAD PATCH Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG) Fruit Salad w/Yogurt, Sun Butter w/Pretzel (WG)</p>	<p>20 Give Me 5! Colors That Live! Soft Taco on Flat Bread(WG) w/Shredded Cheese Spicy Chicken on Bun (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Refried Beans Lettuce, Tomato Chilled Pears w/Cherry Garnish Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH Oriental Chicken Salad w/Pretzel(WG) Chef Salad w/Cheese w/Pretzel(WG)</p>	<p>21 Give Me 5! Colors That Live! Cheese Pizza Pepperoni Pizza Baked Fish Fillet on Bun (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Green Peas Zucchini & Carrots w/Dip Chilled Peach Slices Fruit Sherbet</p> <p>ENERGY ZONE SALAD PATCH Fruit Salad w/String Cheese &Yogurt w/Pretzel(WG)</p>
<p>24 Give Me 5! Colors That Live! Macaroni & Cheese w/Flat Bread (WG) Hot Turkey Ham & Cheese on Croissant (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Steamed Broccoli Celery Sticks w/Cherry Tomato w/Dip Applesauce Orange Quarters & Kiwi</p> <p>ENERGY ZONE SALAD PATCH Chicken Caesar Saladw/Pretzel (WG) Chef's Salad w/Cheese & Egg w/Pretzel(WG)</p>	<p>25 Baked Chicken Tenders (3) w/Fruit Roll(WG) Baked Potato w/Beef Chili & Cheese Sauce w/Fruit Roll (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Baked Potato Succotash (Lima Beans w/ Corn) Carrots & Sugar Snap Peas w/Dip Chilled Pears w/Cherry Garnish Honeydew</p> <p>ENERGY ZONE SALAD PATCH Taco Salad w/Chili w/Chips(WG) or Pretzel(WG) Chef Salad w/Tuna w/Pretzel(WG)</p>	<p>26 Hamburger on Bun (WG) Cheeseburger on Bun(WG) Grilled Cheese Sandwich (WG) Peanut Butter Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Baked Smiley Potatoes Seasoned Chili Beans Lettuce, Tomato, Pickle Banana Peach Crisp</p> <p>ENERGY ZONE SALAD PATCH Southwest Spicy Chicken Salad w/Black Beans & Corn w/Pretzel (WG) Fruit Salad w/Yogurt & Sun Butter w/Pretzel(WG)</p>	<p>27 Give Me 5! Colors That Live! Spaghetti w/ Meat Sauce w/Flat Bread(WG) Spaghetti w/Marinara Sauce w/Flat Bread(WG) Chicken Pattie on Bun(WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Steamed Green Beans Tossed Romaine Salad Pineapple w/Cherry Garnish Fresh Apple Slices</p> <p>ENERGY ZONE SALAD PATCH Oriental Chicken Salad w/Pretzel(WG) Chef Salad w/Cheese w/Pretzel(WG)</p>	<p>28 Stuffed Crust Cheese Pizza(WG) Stuffed Crust Pepperoni Pizza(WG) Fish Taco on Flat Bread (WG) Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable(WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Mixed Vegetables Lettuce, Tomato Chilled Peach Slices Fruit Sherbet</p> <p>ENERGY ZONE SALAD PATCH Fruit Salad w/String Cheese &Yogurt w/Pretzel(WG)</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 HAPPY HALLOWEEN! Baked Cheese Sticks (WG) w/Marinara Sauce Bean & Cheese Burrito Peanut Butter & Jelly Sandwich(WG) Yogurt Biteable (WG) Hummus Biteable(WG)</p> <p>CHOICE OF TWO Campbell's Minestrone Soup Corn on the Cob Orange Quarters & Kiwi Applesauce</p> <p>ENERGY ZONE SALAD PATCH Chicken Caesar Salad w/Pretzel (WG) Chef's Salad w/Cheese & Egg w/Pretzel(WG)</p>	<p>October Highlights FCPS Breakfast Month National Book Month Walk to School Month Fire Prevention Week 10/9 - 10/15 National School Lunch Week 10/10 - 10/14 National School Bus Safety Week 10/17 - 10/21 World Psoriasis Day 10/29</p>			

LUNCH OPTIONS

A complete lunch includes one entrée, choice of two different vegetables and/or fruits, bread, and choice of milk. Daily milk choices include 1% unflavored, skim unflavored, or fat-free chocolate @ 60¢.

Pearl Organic Vanilla Soy Milk is available upon request @ 75¢.

- Yogurt Lunch includes: yogurt, string cheese, crackers, two vegetables or fruits, and milk.
- Vegetarian options available daily. Offer vs. Serve allows students to refuse meat entrée and request additional vegetables, fruit, and bread items.
 - Entrees containing pork are indicated by the .
 - Items containing whole grains are indicated by (WG).

Menus Subject to Change Due to Availability of Foods and Emergency School Closings.

PRICES

Students can purchase only one breakfast (\$1.50) and one lunch (\$2.65) per day. Additional meals are available at adult prices (breakfast \$1.95 and lunch \$3.65) or a la carte, whichever is less. Students who qualify for free or reduced-price lunch (40¢) receive breakfast free.

THREE WAYS TO PURCHASE MEALS:

- **ONLINE USING** www.myLunchMoney.com

The service is easy to use, convenient, private and secure. A separate convenience fee of \$1.95 is charged for each student's transaction. Once the account is open, parents may check the fund account at anytime.

• CHECK

Make checks payable to (School Name) Food Services and bring the check to the food service manager's office. A local address and phone number are required to be either printed or handwritten on the check. The student name and PIN number are required on the check memo line.

• CASH

Cash may be brought to the food service manager's office for deposit on student's account, or students may pay cash on a daily basis.

REFUND REQUESTS:

For refund request information log onto the following address:

<http://www.fcps.edu/fs/food/faq/index/htm>

9-5-2-1-0
Zip Code to Your Health!

9 Get 9 hours of sleep each night.

5 Eat 5 fruits & vegetables every day.

2 No more than 2 hours screen time a day.

1 Exercise at least 1 hour each day.

0 Sugary Drinks!

To encourage student wellness, FCPS Elementary Schools are promoting **9-5-2-1-0 Zip Code to Your Health** in October. Students will learn about healthy eating and exercise through this message. This program is a partnership with the Northern Virginia Healthy Kids Coalition.

Nutrifax Breakfast, A Great Start to Being Smart!

October is Breakfast Month in FCPS. Breakfast is the most important meal of the day. It "breaks" the night's "fast" by replacing the energy reserves used overnight. School-aged children are the biggest breakfast skippers. Research reveals students who miss breakfast are less attentive in class, and their ability to work and concentrate is limited. A nutritious breakfast includes whole grain breads or cereals, fruits and vegetables, milk, yogurt or cheese. Breakfast is available in 160 schools and centers. Check to see if breakfast is offered at your child's school.

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice	Fresh Fruit or Fruit Juice
CHOICE OF ONE Beef Sausage Breakfast Sandwich Yogurt w/Graham Crackers(WG) Cereal(WG) w/Graham Crackers(WG)	CHOICE OF ONE Mini Pancakes(WG) Yogurt w/Graham Crackers(WG) Cereal(WG) w/Graham Crackers(WG)	CHOICE OF ONE Bagel w/Cream Cheese or Jelly Yogurt w/Graham Crackers(WG) Cereal(WG) w/Graham Crackers(WG)	CHOICE OF ONE Turkey Pancake on a Stick(WG) Yogurt w/ Graham Crackers(WG) Cereal(WG) w/Graham Crackers(WG)	CHOICE OF ONE Cinnamon Roll(WG) Turkey Sausage Breakfast Sandwich Yogurt w/Graham Crackers(WG) Cereal(WG) w/Graham Crackers(WG)
Choice of Milk: 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim	Choice of Milk 1% Unflavored or Skim

Menu Nutrient Analysis Percent of Calories From Fat

Nutrient Analysis:	Breakfast	Lunch
October 3 - 7	20.0%	27.3%
October 10 - 14	20.0%	26.9%
October 17 - 21	20.0%	27.3%
October 24 - 28	20.0%	25.0%
October 31	20.0%	22.4%

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