<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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</thead>
</table>
| **Give Me 5! Colors That Jive!**   | **Baked Chicken Tenders** Brown Rice | **Baked Chicken on Bun** Fish n' Chips - Baked Breaded Fish and Baked Fries w/Fruit Roll | **Give Me 5! Colors That Jive!** Taco Meat, Cheese Sauce Com Tortilla Rounds Goldfish Hot Cheese Sandwich | **Baked Fish Fillet on Bun** Cheese Pizza Pepperoni Pizza  
| Baked Cheese Sticks               | Brown Rice                           | Baked Fries Fresh Cauliflower w/ Broccoli Florets | Seasoned Chili Beans Tossed Salad w/ Chili Tomatoes | Fresh Baby Carrots Cucumber Slices w/ Green Pepper Strip Garnish  
| Spicy Chicken on Bun              |                                     |                                        | **Give Me 5! Colors That Jive!** Fruit Roll | Frozen Whole Fruit Juice Cup  
| **CHOICE of 2 VEGETABLES** Minestrone Soup | Seasoned Sweet Potatoes         | **CHOICE of 2 VEGETABLES** Fresh Baby Carrots | **CHOICE of 2 VEGETABLES** Fresh Broccoli w/ Cherry Tomatoes | **CHOICE of 2 VEGETABLES** Fresh Baby Carrots Cucumber Slices w/ Green Pepper Strip Garnish  
| Orange Quarters w/Kiwi Chilled Pineapple w/ Cherry Gamish | **CHOICE of 1 FRUIT** Banana Fruit Crisp | **CHOICE of 1 FRUIT** Banana Fruit Crisp | **CHOICE of 1 FRUIT** Fresh Apple Slices Chilled Peas w/Cherry Gamish | **CHOICE of 1 FRUIT** Fresh Apple Slices Chilled Peas w/Cherry Gamish  
| **Give Me 5! Colors That Jive!**   | **Steamed Green Beans** Baby Carrots w/Jicama Gamish | **Chilled Pea Slices w/Cherry Gamish** | **Applesauce Manager's Choice** | **Give Me 5! Colors That Jive!** Cheese Pizza Pepperoni Pizza  
| Soft Taco on Flat Bread            |                                     |                                        | **CHOICE of 1 FRUIT** Choice of 1 FRUIT Chilled Baby Carrots | **Give Me 5! Colors That Jive!** Cheese Pizza Pepperoni Pizza  
| Chicken Tenders w/Fruit Roll       |                                     |                                        | **CHOICE of 1 FRUIT** Choice of 1 FRUIT Chilled Baby Carrots | **Give Me 5! Colors That Jive!** Cheese Pizza Pepperoni Pizza  
| **CHOICE of 2 VEGETABLES** Golden Coriander | **CHOICE of 1 FRUIT** Red Seedless Grapes | **CHOICE of 2 VEGETABLES** Steamed Broccoli Fresh Baby Carrots | **CHOICE of 2 VEGETABLES** Steamed Broccoli Tossed Salad w/Cucumber Slices | **CHOICE of 2 VEGETABLES** Steamed Broccoli Fresh Baby Carrots Cucumber Slices w/ Green Pepper Strip Garnish  
| Orange Quarters w/Kiwi Chilled Pineapple w/ Cherry Gamish |                                     |                                        | **CHOICE of 1 FRUIT** Choice of 1 FRUIT Chilled Baby Carrots | **CHOICE of 2 VEGETABLES** Steamed Green Beans Manager's Choice  
| **Give Me 5! Colors That Jive!**   | **Baked Chicken Tenders** Brown Rice | **Chicken on Bun** Manager's Choice | **Taco Meat, Cheese Sauce Com Tortilla Rounds** | **Give Me 5! Colors That Jive!** Cheese Pizza Pepperoni Pizza  
| Baked Cheese Sticks               | Brown Rice                           |                                         |                                          |  
| **CHOICE of 2 VEGETABLES** Seasoned Sweet Potatoes Manager's Choice | **CHOICE of 1 FRUIT** Choice of 1 FRUIT Chilled Baby Carrots | **CHOICE of 2 VEGETABLES** Manager's Choice | **GOOL SALADS AVAILABLE** | **CHOICE of 2 VEGETABLES** Steamed Green Beans Manager's Choice  
| **CHOICE of 1 FRUIT** Orange Quarters Chilled Pineapple |                                    |                                         | **CHOICE of 2 VEGETABLES** Manager's Choice | **GOOL SALADS AVAILABLE**  
| **Give Me 5! Colors That Jive!**   | **Baked Chicken Tenders** Brown Rice | **Chicken on Bun** Manager's Choice | **Taco Meat, Cheese Sauce Com Tortilla Rounds** | **Give Me 5! Colors That Jive!** Cheese Pizza Pepperoni Pizza  
| Baked Cheese Sticks               | Brown Rice                           |                                         |                                          |  
| **CHOICE of 2 VEGETABLES** Seasoned Sweet Potatoes Manager's Choice | **CHOICE of 1 FRUIT** Choice of 1 FRUIT Chilled Baby Carrots | **CHOICE of 2 VEGETABLES** Manager's Choice | **GOOL SALADS AVAILABLE** | **CHOICE of 2 VEGETABLES** Steamed Green Beans Manager's Choice  
| **CHOICE of 1 FRUIT** Orange Quarters Chilled Pineapple |                                    |                                         | **CHOICE of 2 VEGETABLES** Manager's Choice | **GOOL SALADS AVAILABLE**  

June Highlights
- National Fresh Fruit & Vegetable Month
- National Safety Month
- Great Outdoors Month
- National Yo-Yo Day
- Flag Day 6/14
- Father's Day 6/21

Dear Parents:
As the year draws to a close the Energy Zone wishes to share the followings.

- **Salad Patch** will not be available on June 17 - 19.
- **Energy Zone Biteables** may or may not be available at your school.
- The September menu will be posted on our website [http://www.fcps.edu/fs/food/serve/lunchmenus.shtml](http://www.fcps.edu/fs/food/serve/lunchmenus.shtml) in Mid-August for your review.
- Thank you for being loyal customers this past year.

See Reverse for Continued Lunch Menus and Breakfast Menus
Food and Nutrition Services
Fairfax County Public Schools

ELEMENTARY SCHOOL LUNCH MENU
JUNE 2015

Double Deal: Any Second Entrée $2.00

Tips For a Healthy Summer!

During the “fun” time of summer vacation it is very easy to forget our healthy school year practices. Remember to make the following healthy tips a part of each day.

• Eat Breakfast.
• Eat at least five servings of fruits and vegetables.
• Make wise snack choices such as crackers, cheese, milk shakes, yogurt, and pudding.
• Limit consumption of soft drinks and candy.
• Drink at least eight glasses of water.
• Exercise at least 60 minutes each day.
• Wear sunscreen.

“USDA is an equal opportunity provider and employer.”

June 2015

Virginia Produce

Fairfax County Public Schools (FCPS) is converting MyLunchMoney to MySchoolBucks for school year 2015-2016. No convenience fee will be charged.

After the conversion:
• Your MyLunchMoney e-mail address will become your username
• Your password will stay the same
• Balances on meal accounts will transfer over to MySchoolBucks
• MyLunchMoney settings (Smart Pay) and profile details will transfer over to MySchoolBucks
• Your password will stay the same
• Your MyLunchMoney e-mail address will become your username

Continue to use your MyLunchMoney meal account for the remainder of the current school year. During the summer, you will receive a welcome e-mail message from MySchoolBucks informing you that your account is ready to use.

Refund Requests
For lunch account refund request information log onto the following address:
http://www.fcps.edu/fs/food/talk/faq.shtml#refunds

Special Notes on Lunch Accounts:
• Payments may be specified for meals only or meals and a la carte snacks.
• A printed summary of child(ren)’s account is available by contacting the food service manager or by signing on with MyLunchMoney.com. You do not need to use the online account for this service.
• Remind child(ren) not to share their personal identification number (PIN) with friends.

Energy Zone Breakfast: A Great Start to Being Smart!

Monday
Fruit Juice
Fruit

CHOICE OF ONE
Cinnamon Roll
OR
Yogurt
Graham Crackers
OR
Cereal
Graham Crackers

CHOICE of Milk:
1% Unflavored or Skim

Tuesday
Fruit Juice
Fruit

CHOICE OF ONE
Mini Pancakes
OR
Yogurt
Graham Crackers
OR
Cereal
Graham Crackers

CHOICE of Milk:
1% Unflavored or Skim

Wednesday
Fruit Juice
Fruit

CHOICE OF ONE
Bagel
Cream Cheese and Jelly
OR
Yogurt
Graham Crackers
OR
Cereal
Graham Crackers

CHOICE of Milk:
1% Unflavored or Skim

Thursday
Fruit Juice
Fruit

CHOICE OF ONE
Pancake and Turkey Sausage
on a Stick
OR
Yogurt
Graham Crackers
OR
Cereal
Graham Crackers

CHOICE of Milk:
1% Unflavored or Skim

Friday
Fruit Juice
Fruit

CHOICE OF ONE
Manager’s Choice
OR
Yogurt
Graham Crackers
OR
Cereal
Graham Crackers

CHOICE of Milk:
1% Unflavored or Skim

Tips for a Healthy Summer!

• Eat Breakfast.
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• Limit consumption of soft drinks and candy.
• Drink at least eight glasses of water.
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