### ELEMENTARY SCHOOL LUNCH MENU

#### MARCH 2015

**Double Deal: Any Second Entrée $2.00**

### Monday

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<tbody>
<tr>
<td>Baked Cheese Sticks</td>
<td>Baked Chicken Tenders</td>
<td>Baked Chicken on Bun</td>
<td>Taco Meat, Cheese Sauce</td>
<td>Baked Fish Fillet on Bun</td>
</tr>
<tr>
<td>Marinara Sauce</td>
<td>Brown Rice</td>
<td>Fish n’ Chips - Baked Breaded Fish and Tater Sticks w/Fruit Roll</td>
<td>Corn Tortilla Rounds</td>
<td>Cheese Pizza Pepperoni Pizza</td>
</tr>
<tr>
<td>Spicy Chicken on Bun</td>
<td>Beef Teriyaki</td>
<td></td>
<td>Cheese Enchilada</td>
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**CHOICE of 2 VEGETABLES**

- Minestrone Soup
- Seasoned Sweet Potatoes

**CHOICE of 1 FRUIT**

- Orange Quarters w/Kiwi
- Chilled Pineapple w/Cherry Garnish

**ENERGY ZONE BiTEABLES**

- Hummus Biteable
- Peanut Butter and Jelly Biteable
- Yogurt Biteable

### Tuesday

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<tr>
<td>Baked Cheese Sticks</td>
<td>Baked Chicken Tenders</td>
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<tr>
<td>Marinara Sauce</td>
<td>Brown Rice</td>
<td>Golden Corn Celery Sticks w/Cherry Tomatoes</td>
</tr>
<tr>
<td>Spicy Chicken on Bun</td>
<td>Beef Teriyaki</td>
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</table>

**CHOICE of 2 VEGETABLES**

- Steamed Broccoli
- Baby Carrots w/ Sugar Snap Pea Garnish

**CHOICE of 1 FRUIT**

- Apple sauce
- Chilled Peaches Slices

**ENERGY ZONE BiTEABLES**

- Hummus Biteable
- Peanut Butter and Jelly Biteable
- Yogurt Biteable

### Wednesday

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<tbody>
<tr>
<td>Turkey Hot Dog on Bun</td>
<td>Breakfast for Lunch:</td>
<td>Pasta w/Meat Sauce, Garlic Toast</td>
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<tr>
<td>Sichuan Chicken</td>
<td>Mini Pancakes</td>
<td>Pasta w/Meat Sauce, Garlic Toast</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Turkey Sausage Patties</td>
<td>Pasta w/Meat Sauce, Garlic Toast</td>
</tr>
</tbody>
</table>

**CHOICE of 2 VEGETABLES**

- Steamed Broccoli
- Baby Carrots w/ Sugar Snap Pea Garnish

**CHOICE of 1 FRUIT**

- Apple sauce
- Chilled Peaches Slices

**ENERGY ZONE BiTEABLES**

- Hummus Biteable
- Peanut Butter and Jelly Biteable
- Yogurt Biteable

### Thursday

<table>
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<tbody>
<tr>
<td>Baked Fish Fillet on Bun</td>
<td>Baked Fish Fillet on Bun</td>
<td>Baked Fish Fillet on Bun</td>
</tr>
<tr>
<td>Pan Cheese Pizza</td>
<td>Pan Cheese Pizza</td>
<td>Frozen Whole Fruit Juice Cup</td>
</tr>
<tr>
<td>Orange Quarters w/Kiwi</td>
<td>Orange Quarters w/Kiwi</td>
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<tr>
<td>Chilled Pineapple w/Cherry Garnish</td>
<td>Chilled Pineapple w/Cherry Garnish</td>
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**CHOICE of 2 VEGETABLES**

- Steamed Sweet Potatoes
- Fresh Broccoli w/Jicama Garnish

**CHOICE of 1 FRUIT**

- Apple sauce
- Chilled Peaches Slices

**ENERGY ZONE BiTEABLES**

- Hummus Biteable
- Peanut Butter and Jelly Biteable
- Yogurt Biteable

### Friday

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<tbody>
<tr>
<td>Baked Fish Fillet on Bun</td>
<td>Baked Chicken Tenders</td>
<td>Hamburger on Bun</td>
<td>Taco Meat, Cheese Sauce</td>
<td>Baked Fish Fillet on Bun</td>
</tr>
<tr>
<td>Pan Cheese Pizza</td>
<td>Orange Chicken</td>
<td>Cheeseburger on Bun</td>
<td>Corn Tortilla Rounds</td>
<td>Cheese Pizza Pepperoni Pizza</td>
</tr>
<tr>
<td>Brown Rice</td>
<td>Brown Rice</td>
<td>Fish n’ Chips - Baked Breaded Fish and Tater Sticks w/Fruit Roll</td>
<td>Cheese Enchilada</td>
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</table>

**CHOICE of 2 VEGETABLES**

- Steamed Broccoli
- Veggie Fruit Juice
- Baby Carrots w/ Sugar Snap Pea Garnish

**CHOICE of 1 FRUIT**

- Apple sauce
- Chilled Peaches Slices

**ENERGY ZONE BiTEABLES**

- Hummus Biteable
- Peanut Butter and Jelly Biteable
- Yogurt Biteable

### Take time for school BREAKFAST, National School Breakfast Week, March 2 - 6, 2015

**2. Give Me 5! Colors That Jive!**

- Baked Cheese Sticks
- Marinara Sauce
- Spicy Chicken on Bun

**3. Give Me 5! Colors That Jive!**

- Baked Chicken Tenders
- Brown Rice
- Beef Teriyaki
- Brown Rice

**4. Give Me 5! Colors That Jive!**

- Baked Chicken on Bun
- Fish n’ Chips - Baked Breaded Fish and Tater Sticks w/Fruit Roll

**5. Give Me 5! Colors That Jive!**

- Taco Meat, Cheese Sauce
- Corn Tortilla Rounds
- Cheese Enchilada

**6. Give Me 5! Colors That Jive!**

- Baked Fish Fillet on Bun
- Cheese Pizza
- Pepperoni Pizza

**22. Give Me 5! Colors That Jive!**

- Soft Taco on Flat Bread
- Chicken Tenders w/Brown Rice

**23. Give Me 5! Colors That Jive!**

- Baked Chicken
- Fruit Roll
- Goldfish Hot Cheese Sandwich

**24. Give Me 5! Colors That Jive!**

- Baked Chicken Broccoli Alfredo
- Turkey Hot Dog on Bun

**25. Give Me 5! Colors That Jive!**

- Minestrone Soup
- Seasoned Sweet Potatoes

**26. Give Me 5! Colors That Jive!**

- Pasta w/Meat Sauce, Garlic Toast
- Baked Chicken on Bun

**27. Give Me 5! Colors That Jive!**

- Baked Fish Fillet on Bun
- Wedge Cut Cheese Pizza
- Wedge Cut Pepperoni Pizza

**Teacher Workday**

**23. Give Me 5! Colors That Jive!**

- Soft Taco on Flat Bread
- Chicken Tenders w/Brown Rice

**24. Give Me 5! Colors That Jive!**

- Baked Chicken
- Fruit Roll
- Goldfish Hot Cheese Sandwich

**25. Give Me 5! Colors That Jive!**

- Chicken Broccoli Alfredo
- Turkey Hot Dog on Bun

**26. Give Me 5! Colors That Jive!**

- Minestrone Soup
- Seasoned Sweet Potatoes

**27. Give Me 5! Colors That Jive!**

- Baked Fish Fillet on Bun
- Wedge Cut Cheese Pizza
- Wedge Cut Pepperoni Pizza

See Reverse for Continued Lunch Menus and Breakfast Menus
## ELEMENTARY SCHOOL LUNCH MENU
### MARCH 2015

**Double Deal:** Any Second Entrée $2.00

### Lunch Options
- A complete lunch includes one entrée, choice of vegetables, fruit, bread, and choice of milk.
- Students MUST select a fruit or vegetable with lunch.
- Daily milk choices include 1% unflavored, fat-free unflavored, or fat-free chocolate @ 60¢.
- Pearl Organic Vanilla Soy Milk is available upon request @ 75¢.
- 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 labelled with the •.
- Menus Subject to Change Due to Availability of Foods and Emergency School Closings.

### Prices
Students can purchase only one breakfast ($1.75) and one lunch ($2.90) per day. Additional meals are available at adult prices (breakfast $2.20 and lunch $3.90) or a la carte, whichever is less. Students who qualify for free or reduced-price lunch (40¢) receive free meals on a pilot basis.

### Three Ways To Purchase Meals
1. **On Line Using** www.myLunchMoney.com
The service is easy to use, convenient, private, and secure. A convenience fee of $1.95 is charged for each transaction. Once the account is open, parents can check the fund account at anytime.

2. **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.

3. **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 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.

### March Highlights
- National Nutrition Month
- Youth Art Month Music In Our Schools Month
- Read Across America Day 3/2/2015
- International School Meals Day 3/5/2015
- Registered Dietitian Day 3/11/2015

### Energy Zone Breakfast: A Great Start to Being Smart!

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### FOOD AND NUTRITION SERVICES
Fairfax County Public Schools

“USDA is an equal opportunity provider and employer.”

**NATIONAL NUTRITION MONTH®**
In partnership with the Academy of Nutrition & Dietetics, the Energy Zone is celebrating National Nutrition Month

**Energy Zone’s Top 3 Nutrition Facts:**

1. Use MyPlate.gov as a guide for healthy eating habits. Long term lifestyle changes are more effective than ‘quick fixes.’

2. There are many diet myths out there. Get nutrition information from a credible source; a registered dietitian nutritionist or science based articles.

3. Evaluate foods by reading nutrition labels. Basic understanding of food nutrition labels can help you make smart food choices.

**REGISTERED DIETITIAN NUTRITIONIST**
Menus are planned by Registered Dietitian Nutritionists (RDN), the food and nutrition experts who translate the science of nutrition into practical solutions for healthy living. Registered Dietitian Nutritionists are the most valuable and credible sources of timely, scientifically-based food and nutrition information. They have degrees in nutrition, dietetics, or a related field from well respected, accredited colleges and universities. RDNs must also complete a supervised examination administered by the Commission on Dietetic Registration and earn professional education credits to maintain registration.