May 2013

Elementary Lunch Menu

Loudoun County Public Schools

Three easy ways to pre-pay for meals and purchases:
*Cash
*Check made payable to "County of Loudoun"
*Credit card at www.pay4lunch.com

Lunch Prices	Daily	Weekly	May
Student - Full	$3.00	$15.00	$ 66.00
Student – Reduced	$ .40	$2.00	$ 8.80
Adult	$4.00	$20.00	$ 88.00

Daily Feature Salad Meals

All Feature Salad meals include meat/meat alternate, fruit, vegetable, grain and your choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian/Hummus Salad* Traditional Chef Salad Chop Salad+	Vegetarian/Hummus Salad* Traditional Chef Salad Chicken Caesar	Vegetarian/Hummus Salad* Traditional Chef Salad Fruit Salad with Yogurt* Taco Salad on Taco Day#	Vegetarian/Hummus Salad* Traditional Chef Salad Asian Salad	Vegetarian/Hummus Salad* Traditional Chef Salad Tuna Salad

Additional Daily Items:
Yogurt Box Meal
(Includes: 4 oz Chobani Champions yogurt, string cheese, baby carrots, granola, and mini bagel with cream cheese)
SunButter and Jelly Sandwich* (select schools)

Choice of milk available with all meals – Skim white, chocolate and strawberry or 1% white
Fresh fruits and vegetables available with all meals.

Monday 4/29	Tuesday 4/30	Wednesday 5/01	Thursday 5/02	Friday 5/03
Choose One Entrée: Chicken Chunks & Roll Hamburger on Bun# Cheeseburger on Bun#	**Choose One Entrée:** Breaded Mozzarella Cheese Sticks* with Marinara Sauce Chicken Fajita Rice Bowl	**Choose One Entrée:** Mini Corn Dogs MaxSnax Cheesiest Con Queso*	**Choose One Entrée:** Spaghetti with Meatballs# Spaghetti with String Cheese* Fish Nuggets	**Choose One Entrée:** Cheese Pizza* Chicken & Cheese Enchilada
Choose Two Vegetables: Steamed Green Beans Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Green Peas Sweet Potatoes Fresh Vegetable Salad	**Choose Two Vegetables:** Vegetarian Baked Beans Steamed Spinach Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Corn Green Leaf and Spinach Salad Fresh Vegetable Cup	**Choose Two Vegetables:** Steamed Broccoli Baby Carrots with Ranch Fresh Vegetable Salad
Choose Two Fruits: Chilled Mandarin Oranges Chilled Pineapple Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Pears Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Applesauce Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Mixed Fruit Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Peaches Assorted Fresh Fruit
Monday 5/06	**Tuesday 5/07**	**Wednesday 5/08**	**Thursday 5/09**	**Friday 5/10**
Choose One Entrée: BBQ Chicken Chunks & Roll Cheese Ravioli with Marinara Sauce*	**Choose One Entrée:** Hot Dog on Bun Turkey & Vegetable Eggroll	**Choose One Entrée:** Chicken Filet on Bun Pizzaburger#	**Choose One Entrée:** Chicken Tenders & Roll Turkey & Dressing Supreme	**Choose One Entrée:** Double Stuff Pizza* Macaroni & Cheese* with Pretzel Rod
Choose Two Vegetables: Steamed Corn Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Broccoli Steamed Baby Carrots Fresh Vegetable Salad	**Choose Two Vegetables:** Refried Beans Lettuce, Tomato & Cheese Fresh Vegetable Cup	**Choose Two Vegetables:** Mashed Potatoes Steamed Spinach Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Green Beans Baby Carrots & Ranch Fresh Vegetable Salad
Choose Two Fruits: Chilled Mandarin Oranges Chilled Mixed Fruit Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Pears Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Applesauce Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Pineapple Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Peaches Assorted Fresh Fruit

Monday 5/13	Tuesday 5/14	Wednesday 5/15	Thursday 5/16	Friday 5/17
Choose One Entrée: Grilled Egg Patties* with French Toast Sticks Grilled Cheese Sandwich	**Choose One Entrée:** Chicken Chunks & Roll Pork BBQ Rib Sub +	**Choose One Entrée:** Italian Dunker with Cheesy Breadstick# Buffalo Chicken Chunks & Roll	**Choose One Entrée:** Beef Nachos with Tortilla Chips or Scoops# & Soft Pretzel Rod Bean Nachos with Tortilla Chips or Scoops* & Soft Pretzel Rod Lasagna Rollup with Garlic Round*	**Choose One Entrée:** Cheese Pizza* Beef-a-roni# & Roll
Choose Two Vegetables: Steamed Green Beans Sweet Potatoes Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Corn Fresh Broccoli Bites Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Broccoli Celery & Carrot Sticks Fresh Vegetable Salad	**Choose Two Vegetables:** Refried Beans Steamed Baby Carrots Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Green Peas Steamed Spinach Fresh Vegetable Salad
Choose Two Fruits: Chilled Pineapple Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Mixed Fruit Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Mandarin Oranges Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Applesauce Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Peaches Assorted Fresh Fruit
Monday 5/20	**Tuesday 5/21**	**Wednesday 5/22**	**Thursday 5/23**	**Friday 5/24**
Choose One Entrée: Chicken Chunks & Roll Hamburger on Bun# Cheeseburger on Bun#	**Choose One Entrée:** Breaded Mozzarella Cheese Sticks* with Marinara Sauce Chicken Fajita Rice Bowl	**Choose One Entrée:** Mini Corn Dogs MaxSnax Cheesiest Con Queso*	**Choose One Entrée:** Spaghetti with Meatballs# Spaghetti with String Cheese* Fish Nuggets	**Choose One Entrée:** Cheese Pizza* Sloppy Joe on Bun#
Choose Two Vegetables: Steamed Green Beans Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Green Peas Sweet Potatoes Fresh Vegetable Salad	**Choose Two Vegetables:** Vegetarian Baked Beans Steamed Spinach Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Corn Green Leaf and Spinach Salad Fresh Vegetable Cup	**Choose Two Vegetables:** Steamed Broccoli Baby Carrots with Ranch Fresh Vegetable Salad
Choose Two Fruits: Chilled Mandarin Oranges Chilled Pineapple Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Pears Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Applesauce Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Mixed Fruit Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Peaches Assorted Fresh Fruit
Monday 5/27	**Tuesday 5/28**	**Wednesday 5/29**	**Thursday 5/30**	**Friday 5/31**
No School **Memorial Day** **Holiday**	**Choose One Entrée:** Hot Dog on Bun Steak & Cheese Sub#	**Choose One Entrée:** Beef Soft Taco# Bean Soft Taco* Chicken Filet on Bun	**Choose One Entrée:** Chicken Tenders & Roll Turkey & Dressing Supreme	**Choose One Entrée:** Double Stuff Pizza* Macaroni & Cheese* with Pretzel Rod
	Choose Two Vegetables: Steamed Broccoli Steamed Baby Carrots Fresh Vegetable Salad	**Choose Two Vegetables:** Refried Beans Lettuce, Tomato & Cheese Fresh Vegetable Cup	**Choose Two Vegetables:** Mashed Potatoes Steamed Spinach Fresh Vegetable Salad	**Choose Two Vegetables:** Steamed Green Beans Baby Carrots & Ranch Fresh Vegetable Salad
	Choose Two Fruits: Chilled Pears Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Applesauce Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Pineapple Assorted Fresh Fruit	**Choose Two Fruits:** Chilled Peaches Assorted Fresh Fruit

Key – Beef #, Pork +, Meatless *

Elementary Weekly Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Choose one entrée: Mini Pancakes* Cereal with Whole Wheat Toast or Scooby-Doo™ Bones*	**Choose one entrée:** Sausage & Cheese Sandwich + Cereal with Whole Wheat Toast or Scooby-Doo™ Bones*	**Choose one entrée:** Ham, Egg & Cheese Swirl Roll + Mini Waffles* Cereal & Graham Crackers*	**Choose one entrée:** Cinnamon Roll & Cheese Stick* Pepperoni Bosco Stick+# Cereal & Graham Crackers*	**Choose one entrée:** Breakfast Chicken Sandwich Cereal & Whole Wheat Toast or Scooby-Doo™ Bones*
Choose both: Assorted Juice Choice of Milk	**Choose both:** Assorted Juice Choice of Milk	**Choose both:** Assorted Juice Choice of Milk	**Choose both:** Assorted Juice Choice of Milk	**Choose both:** Assorted Juice Choice of Milk

Due to product changes, ingredient lists may not be 100% accurate. Due to product unavailability, menu substitutions may be made from time to time. To verify menu substitutions for your school, please contact the cafeteria manager. Please be aware that some food items served on the Loudoun County Public School menu may have been manufactured in a facility, or on shared equipment with other peanut or tree nut products.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish), USDA is an equal opportunity provider and employer.

If you have questions, concerns, or suggestions about the Child Nutrition Programs, please contact the Food Services Supervisor at (571) 252-1010 or e-mail: jinny.demastes@lcps.org. Menus are subject to change without notice.