

# HIGH SCHOOL MENU

STAFFORD COUNTY  
SCHOOLS NUTRITION SERVICE

FEBRUARY 2016

<http://stafford.schoolfusion.us>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FEB 01</p> <p style="text-align: center;">NO SCHOOL TODAY</p>	<p>FEB 02 CHOOSE ONE</p> <p>MAXSTIX W/DIP SLOPPY JOE ON BUN</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>ROASTED POTATOES MIXED VEGETABLES GRAPE TOMATOES W/ DIP FRUIT JUICE FRESH FRUIT</p> <hr/> <p>BROWNIE W/GLAZE CHEESE FILLED BREAD TWIST OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 03 CHOOSE ONE</p> <p>GRILLED CHEESE SANDWICH PORK BBQ ON BUN</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>NAVY BEAN SOUP W/ CRACKERS CREAMY COLESLAW CANNED PEARS FRESH FRUIT</p> <hr/> <p>SNICKERDOODLE COOKIE PANCAKE &amp; SAUSAGE ON A STICK OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 04 CHOOSE ONE</p> <p>HOT HAM &amp; CHEESE OMLET ON BAGEL BEEF MEATBALL SUB W/ MOZ CHEESE ON HOT DOG BUN</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>STEAMED SPINACH FRESH CARROTS W/ DIP HOT APPLES FRESH FRUIT</p> <hr/> <p>LF ICE CREAM SANDWICH BAGEL W/ CREAM CHEESE OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 05 CHOOSE ONE</p> <p>ONION RING CHEESEBURGER ON BUN TURKEY &amp; CHEESE CLUB WRAP</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>SMILEY FRIES FRESH BROCCOLI W/ DIP CANNED PEARS FRESH FRUIT</p> <hr/> <p>CRY BABY ITALIAN ICE FRENCH TOAST STICKS OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>
<p>FEB 08 CHOOSE ONE</p> <p>BEEF MEATBALLS W/ GRAVY &amp; RICE CHICKEN CORN DOG BITES</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>STEAMED CORN CREAMY COLESLAW CANNED PEARS FRESH FRUIT</p> <hr/> <p>ORANGE CREAM ICE CREAM BAR SAUSAGE BISCUIT OR SNACK 'N WAFFLE OR CEREAL W/TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 09 CHOOSE ONE</p> <p>BUFFALO CHICKEN CHUNKS W/ BISCUIT CUBAN PORK WRAP</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>STEAMED SPINACH FRESH CARROTS W/ DIP CANNED PEACHES FRESH FRUIT</p> <hr/> <p>APPLESAUCE CAKE W/ GLAZE EGG &amp; CHEESE BISCUIT OR HONEY BUN OR CEREAL W/TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 10 CHOOSE ONE</p> <p>HAM &amp; CHEESE CALZONE W/ DIP CRUNCHY BEEF &amp; CHEESE BURRITO W/ RF DORITOS</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>VEGETABLE BEEF SOUP W/ CRACKERS ORANGE GLAZED CARROTS PINEAPPLE CHUNKS FRESH FRUIT</p> <hr/> <p>CRY BABY ITALIAN ICE MINI PANCAKES OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 11 CHOOSE ONE</p> <p>CHICKEN FAJITA FLATBREAD SLOPPY JOE ON BUN</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>REFRIED BEANS TOSSED SALAD CANNED PEARS FRESH FRUIT</p> <hr/> <p>NATURE VALLEY GRANOLA BAR FRESH BAKED CINNAMON BUN OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 12 CHOOSE ONE</p> <p>CHEESEBURGER ON BUN CATFISH STRIPS W/ RICE</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>FRENCH FRIES CHARRO STYLE RED BEANS GRAPE TOMATOES W/ DIP HOT APPLES FRESH FRUIT</p> <hr/> <p>CHOCOLATE CHIP COOKIE BREAKFAST PIZZA OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>
<p>FEB 15</p> <p style="text-align: center;">NO SCHOOL TODAY</p>	<p>FEB 16 CHOOSE ONE</p> <p>SPIRAL NOODLES W/ BEEF MEAT SAUCE &amp; ROLL BUFFALO CHICKEN CHUNKS W/ ROLL</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>STEAMED CORN TOSSED SALAD HOT APPLES FRESH FRUIT</p> <hr/> <p>STRAWBERRY ÉCLAIR ICE CREAM BAR CHEESE FILLED BREAD TWIST OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 17 CHOOSE ONE</p> <p>HAWAIIAN HAM &amp; CHEESE PIZZA STEAK &amp; CHEESE FAJITA FLATBREAD SANDWICH</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>STEAMED BROCCOLI FRESH CARROTS W/ DIP FRUIT COCKTAIL FRESH FRUIT</p> <hr/> <p>CHOCOLATE PUDDING CUP PANCAKE &amp; SAUSAGE ON A STICK OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 18 CHOOSE ONE</p> <p>ROASTED CHICKEN W/ ROLL BEEF &amp; PORK HOT DOG ON BUN</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>VEGETARIAN BAKED BEANS GRAPE TOMATOES W/ DIP FRUIT JUICE FRESH FRUIT</p> <hr/> <p>FUDGE ICE CREAM BAR BAGEL W/ CREAM CHEESE OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 19 CHOOSE ONE</p> <p>BACON CHEESEBURGER ON BUN TURKEY, HAM &amp; CHEESE ON BUN</p> <p style="text-align: center;"><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i></p> <p>FRENCH FRIES THREE BEAN SALAD APPLESAUCE FRESH FRUIT</p> <hr/> <p>SHAPE UP FRENCH TOAST STICKS OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>

8 OZ MILK, FRUIT JUICE & ½ CUP OF CANNED FRUIT IS SERVED DAILY WITH BREAKFAST. CHILD MUST TAKE AT LEAST A ½ CUP OF FRUIT WITH BREAKFAST..

PBJ & CRACKERS OFFERED DAILY W/ 4 OZ YOGURT OR CHEESE STICK AND CHOOSE UP TO TWO VEGGIES & TWO FRUIT AND A MILK,

HUMMUS & SCOOPS DAILY AS A MEATLESS MEAL OPTION INCLUDES 1 HUMMUS PACKAGE, SCOOPS, A MOZ CHEESE STICK OR 4OZ YOGURT AND CHOOSE UP TO TWO DIFFERENT VEGETABLE OFFERING AND TWO FRUIT AND MILK!

\*POTATO BAR OFFERED MONDAY~TACO BAR OFFERED TUESDAY~SERVED DAILY: CHEF SALAD, PIZZA, & SANDWHICH LINE.

\*EACH BREAKFAST COMES WITH 8 OZ. MILK, ½ CUP FRUIT SERVING AND THE MAIN ENTRÉE OPTIONS LISTED ON THE MENU

**MEAL PRICES:** Lunch \_ Elementary \$2.50\_Middle \$2.60\_High \$2.70\_Adults \$3.35\_Breakfast \$1.45\_Adults \$1.75\_Ala Carte Prices: Student Breakfast entrée only \$1.45 (HS Only)\_ Extra Lunch

Entrée w/meal \$2.00 (when available @ Elem) Mid \$2.00\_High \$2.00\_Lunch Entrée only (High) \$2.70\_French Fries Ala Carte 1.00\_Ala Carte\_Vegetable/Canned Fruit .50\_Fresh Fruit .90\_Milk .50\_Dessert .50\_Fruit Juice (OJ) .50\_Lactose Free Milk (8oz) .80\_

# HIGH SCHOOL MENU

# FEBRUARY 2016

<p>FEB 22 CHOOSE ONE</p> <p>GRILLED CHICKEN CLUB ON BUN SLOPPY JOE ON BUN</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> BLACK BEAN &amp; CORN SALSA W/ TOSTITOS SCOOPS CREAMY COLESLAW HOT APPLES FRESH FRUIT</p> <hr/> <p>CHOCOLATE CHIP COOKIE SAUSAGE BISCUIT OR SNACK 'N WAFFLE OR CEREAL W/TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 23 CHOOSE ONE</p> <p>TURKEY &amp; VEGETABLE EGG ROLL W/ RICE CHICKEN STIR FRY W/ CHOW MEIN NOODLES</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> STEAMED GREEN PEAS STEAMED BROCCOLI FRUIT COCKTAIL FRESH FRUIT</p> <hr/> <p>CHOCOLATE PUDDING EGG &amp; CHEESE BISCUIT OR HONEY BUN OR CEREAL W/TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 24 CHOOSE ONE</p> <p>CHICKEN COR DON BLEU ON BUN CUBAN PORK WRAP</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> BLACK BEAN &amp; CORN SALSA W/ TOSTITOS SCOOPS FRESH CARROTS W/ DIP STRAWBERRY CUP FRESH FRUIT</p> <hr/> <p>SNICKERDOODLE COOKIE MINI PANCAKES OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 25 CHOOSE ONE</p> <p>TWIN BREADED CHICKEN WRAPS SAUSAGE &amp; EGG FLAPJACK SANDWICH</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> STEAMED GREEN BEANS SWEET POTATOES FRUIT JUICE FRESH FRUIT</p> <hr/> <p>LF ICE CREAM CONE FRESH BAKED CINNAMON BUN OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>FEB 26 CHOOSE ONE</p> <p>CRUNCHY BEEF &amp; CHEESE BURRITO W/ RF DORITOS FISH FILLET ON PEPPERIDGE FARMS FISH BUN</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> REFRIED BEANS GRAPE TOMATOES W/ DIP APPLESAUCE FRESH FRUIT</p> <hr/> <p>CHOCOLATE ÉCLAIR ICE CREAM BAR BREAKFAST PIZZA OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>
<p>FEB 29 CHOOSE ONE</p> <p>BACON CHEESEBURGER PIZZA CHICKEN &amp; CHEESE FLATBREAD SANDWICH</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> STEAMED BROCCOLI FRESH CARROTS W/ DIP FRUIT COCKTAIL FRESH FRUIT</p> <hr/> <p>LF ICE CREAM CUP CHICKEN BISCUIT OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>MAR 01 CHOOSE ONE</p> <p>MAXSTIX W/DIP SLOPPY JOE ON BUN</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> ROASTED POTATOES MIXED VEGETABLES GRAPE TOMATOES W/ DIP FRUIT JUICE FRESH FRUIT</p> <hr/> <p>BROWNIE W/GLAZE CHEESE FILLED BREAD TWIST OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>MAR 02 CHOOSE ONE</p> <p>GRILLED CHEESE SANDWICH PORK BBQ ON BUN</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> NAVY BEAN SOUP W/ CRACKERS CREAMY COLESLAW CANNED PEARS FRESH FRUIT</p> <hr/> <p>SNICKERDOODLE COOKIE PANCAKE &amp; SAUSAGE ON A STICK OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>MAR 03 CHOOSE ONE</p> <p>HOT HAM &amp; CHEESE OMLET ON BAGEL BEEF MEATBALL SUB W/ MOZ CHEESE ON HOT DOG BUN</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> STEAMED SPINACH FRESH CARROTS W/ DIP HOT APPLES FRESH FRUIT</p> <hr/> <p>LF ICE CREAM SANDWICH BAGEL W/ CREAM CHEESE OR SNACK 'N WAFFLE OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>	<p>MAR 04 CHOOSE ONE</p> <p>ONION RING CHEESEBURGER ON BUN TURKEY &amp; CHEESE CLUB WRAP</p> <p><i>CHOOSE UP TO 2 VEGES &amp; 2 FRUIT</i> SMILEY FRIES FRESH BROCCOLI W/ DIP STRAWBERRY CUP FRESH FRUIT</p> <hr/> <p>CRY BABY ITALIAN ICE FRENCH TOAST STICKS OR HONEY BUN OR CEREAL W/ TOAST OR YOGURT W/GRANOLA</p>

## Pre-Payment of Meal

Pre-payments are encouraged as they result in faster lunch lines and more time for children to eat. Prepayments can be made on line using MySchoolBucks.com Parents will need to use your child's school identification number to access their child's account. Viewing and monitoring your child's account on line is free of charge. Parents may also set up a "low balance email reminder" which will notify you when the account is low. Making a credit card payment into your child's account will cost the user \$1.95 per payment. Cash and check prepayments may be made at school. Checks should be made out to SCSN with the child's name and identification number on the memo line. All money collected for prepayments will be put in the student's account to be used for breakfast, lunch and/or ala-carte. Parents who wish to set limits or restrictions on their child's account should contact their school cafeteria manager to activate this service. All balances at the close of the school year will remain in the child's account and be accessible to the student at the beginning of the following year. Students are encouraged to know their identification number and urged to not share this number with anyone.

## Opportunities and Options

School Nutrition has both! Consider taking a part time job with your local cafeteria. Enjoy weekends, evening, holidays & summers off as well as inclement weather days off with your children. We host the best customers in town as well as a motivated, mature and caring staff. The work atmosphere is high energy, clean and teamwork oriented. Contact my office for details. Even if you can not work a full week give us a call. We have substitute worker opportunities, which gives you the option of working when and where you want. Workers salary ranges from \$9.29 per hour to \$10.52 per hour and substitute wage starting at \$9.29 per hour.

Apply in person at the Stafford County Support Service Complex located behind the Bus Garage at 25 Wyatt Lane, Fredericksburg the phone number is (540) 371-0495

**Menus are subject to change based on product availability, please check your school website for any changes.**

## Lunch Charges

Charging a meal is a privilege and should only be used in an emergency. It is the family's responsibility to monitor their child(ren) account balance(s). Charges are expected to be paid the following school day. Parents are highly encouraged to monitor their child's account activity and balance on line using MyLunchMoney.com. This viewing service is free of charge to parents. Stafford County School Nutrition utilizes an automated negative balance phone call system to help communicate charges to parents. Charging of ala-carte items is not permitted. If a student has an unpaid negative balance the student's "treat" money will be applied to the unpaid charge.

Elementary and Middle School students may only purchase ala-carte or extra food items with the purchase of a meal. Dessert is .50 with a meal. Free dessert coupons are given to all school breakfast eaters the last day of each week to be used when purchasing a school lunch.

Stafford County School Nutrition utilizes ENVISION Check recovery system for all insufficient fund checks. All fees apply.

**Picky Eater: Start the "take one bite" policy. Your child takes one bite of any food served and you won't press her to eat more if she does not want to. This will expose her to new foods, a little at a time, but not lead to power struggles. Tell her it's ok not to like something but she needs to try it to decide if she likes it or not.**

**WORD OF THE MONTH: RESPECT**

2014-2015 USDA Non-discrimination Statement  
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER