



January 2012

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	January
Student - Full	\$3.00	\$15.00	\$57.00
Student - Reduced	\$.40	\$2.00	\$ 7.60
Adult	\$4.00	\$20.00	\$76.00

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 Chef Salad Traditional Chef Salad Hummus Vegetable	Vegetarian Chef Salad Traditional Chef Salad Chicken Caesar	Vegetarian Chef Salad Traditional Chef Salad Hummus Vegetable Taco Salad on Taco Day	Vegetarian Chef Salad Traditional Chef Salad Fruit Salad with Yogurt	Tuna Salad Hummus Vegetable

Additional Daily Items – Yogurt and Bagel Entrée and Fresh Side Salads

Choice of milk available with all meals.

Monday 01/2	Tuesday 01/3	Wednesday 01/4	Thursday 01/5	Friday 01/6
No School	Choose one Entrée: Chicken Nuggets Ham & Cheese Bagel + All: Steamed Brown Rice No Salads Today Choice of Three: Steamed Broccoli Mandarin Oranges Chilled Pears	Choose one Entrée: Italian Dunker # with Mozzarella Breadstick Chicken Filet on Bun Choice of Three: Steamed Corn Green Leaf and Spinach Salad Chilled Mixed Fruit	Choose one Entrée: Beef Nachos # with Baked Tostitos® Scoops® Bean Nachos* with Baked Tostitos® Scoops® Corn Dog All: Whole Wheat Pretzel Rod Choice of Three: Refried Beans Steamed Spinach Chilled Applesauce	Choose one Entrée Pizza * MaxSnax Cheesiest Con Queso Choice of Three: Steamed Green Peas Steamed Mixed Vegetables Chilled Peaches
Monday 01/9	Tuesday 01/10	Wednesday 01/11	Thursday 01/12	Friday 01/13
Choose one Entrée: Chicken Nuggets Hamburger on Bun # Cheeseburger on Bun # All: Asian Noodles Choice of three: Steamed Green Beans Mandarin Oranges Chilled Pineapple	Choose one Entrée: Baked Mozzarella Cheese Sticks * with Marinara Sauce Chicken Fajita Rice Bowl All: Steamed Brown Rice Choice of three: Steamed Broccoli Sweet Potato Souffle Chilled Pears	Choose one Entrée: Taco Pie # Mini Corn Dogs All: Whole Wheat Pretzel Rod Choice of three: Vegetarian Baked Beans Steamed Spinach Chilled Applesauce	Choose one Entrée: Spaghetti w/ Meatballs # Spaghetti w/ String Cheese and Marinara Sauce * Fish Nuggets * All: Wheat Roll Choice of three: Steamed Corn Green Leaf and Spinach Salad Chilled Mixed Fruit	Choose one Entrée: Pizza * Quesadilla Pizza Chicken & Cheese Enchilada Choice of three: Steamed Green Peas Steamed Mixed Vegetables Chilled Peaches
Monday 01/16	Tuesday 01/17	Wednesday 01/18	Thursday 01/19	Friday 01/20
Martin Luther King Jr. Holiday No School	Choose one Entrée: Macaroni & Cheese * with Wheat Roll Hamburger on Bun # Cheeseburger on Bun # Choice of three: Steamed Broccoli Steamed Baby Carrots Chilled Pears	Choose one Entrée: Soft Taco # Bean Soft Taco * Fish Nuggets * All: Whole Wheat Pretzel Rod Taco Salad # Choice of three: Refried Beans Lettuce, Tomato & Cheese Chilled Applesauce	Choose one Entrée: Chicken Nuggets with Wheat Roll Open Faced Roast Turkey Sandwich Choice of three: Mashed Potatoes Steamed Spinach Chilled Pineapple	Choose one Entrée: Pizza * Teriyaki Chicken All: Steamed Brown Rice Choice of three: Steamed Mixed Vegetables Green Leaf and Spinach Salad Chilled Peaches

Monday 01/23	Tuesday 01/24	Wednesday 01/25	Thursday 01/26	Friday 01/27
Moveable Student Holiday	Choose one Entrée: Chicken Nuggets Ham & Cheese Bagel + All: Steamed Brown Rice	Choose one Entrée: Italian Dunker # with Mozzarella Breadstick Chicken Filet on Bun	Choose one Entrée: Beef Nachos # with Baked Tostitos® Scoops® Bean Nachos* with Baked Tostitos® Scoops® Corn Dog All: Whole Wheat Pretzel Rod	Choose one Entrée Pizza * MaxSnax Cheesiest Con Queso
	Choice of Three: Steamed Broccoli Mandarin Oranges Chilled Pears	Choice of Three: Steamed Corn Green Leaf and Spinach Salad Chilled Mixed Fruit	Choice of Three: Refried Beans Steamed Spinach Chilled Applesauce	Choice of Three: Steamed Green Peas Steamed Mixed Vegetables Chilled Peaches
Monday 01/30	Tuesday 01/31			
Choose one Entrée: Chicken Nuggets Hamburger on Bun # Cheeseburger on Bun # All: Asian Noodles	Choose one Entrée: Baked Mozzarella Cheese Sticks * with Marinara Sauce Chicken Fajita Rice Bowl All: Steamed Brown Rice			
Choice of three: Steamed Green Beans Mandarin Oranges Chilled Pineapple	Choice of three: Steamed Broccoli Sweet Potato Souffle Chilled Pears			

Menu Key - # Beef, * Vegetarian, + Pork

Every elementary school in Loudoun County participates in the National School Breakfast Program! The breakfast program is open to all students. Students approved for free lunches are also eligible to receive a free breakfast. Students approved for reduced lunches are also eligible to receive a reduced breakfast at a cost of \$.30.

Weekly Breakfast Menu

Student Price \$2.00

Reduced Price \$.30

Adult Price \$2.25

Monday	Tuesday	Wednesday	Thursday	Friday
Choose one entrée: Mini Pancakes * Cereal with Whole Wheat Toast or Scooby-Doo™ Bones SunChips® Cinnamon Mix- Ups with String Cheese *	Choose one entrée: Breakfast Chicken Sandwich Cereal & Graham Crackers	Choose one entrée: Sausage & Cheese Sandwich + Cereal with Whole Wheat Toast or Scooby-Doo™ Bones SunChips® Cinnamon Mix- Ups with String Cheese	Choose one entrée: Cinnamon Roll & Cheese Stick * Cereal & Graham Crackers	Choose one entrée: Ham, Egg & Cheese Twister Roll Cereal with Whole Wheat Toast or Scooby-Doo™ Bones SunChips® Cinnamon Mix- Ups with String Cheese
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

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: jnny.demastes@lcps.org. Menus are subject to change without notice.

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.