


Fauquier County Public Schools
Elementary School January 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Corn Dog Nuggets Choose 1 or 2 Vegetarian Baked Beans Steamed Peas Choose 1 Frozen, Dried & Canned Fruit	7 <i>Pillsbury</i> Mini Maple Pancakes w/Chicken Sausage Patties (GF) Choose 1 or 2 Vegetable Blend Juice Tater Tots Choose 1 Dried, Canned Fruit, or Fruit Juice	8 Chicken Tenders w/WG Muffin Choose 1 or 2 AuGratin Potatoes Steamed Green Beans Choose 1 Fresh, Dried & Canned Fruit	9 Beef Nachos w/Cheese Choose 1 or 2 Refried Beans Steamed Golden Corn Nuggets Choose 1 Fresh, Dried & Canned Fruit (Entire meal GF)	10 Tangerine Chicken w/Fried Rice Choose 1 or 2 Fresh Steamed Broccoli Manager's Choice Veggie Choose 1 Fresh, Dried, or Canned Fruit
13 Mozzarella Cheese Stuffed Breadstick w/Pizza Sauce Choose 1 or 2 Steamed Golden Corn Nuggets Caesar Salad Choose 1 Fresh, Dried & Canned Fruit	14 Hot Dog (GF) on WG Roll Choose 1 or 2 Vegetable Blend Juice Smile Potatoes Choose 1 Fresh, Dried, or Canned Fruit	15 Chicken Patty Sandwich Choose 1 or 2 Straight Cut Potatoes Parmesan Zucchini Crunch Choose 1 Fresh, Dried & Canned Fruit	16 Beef Tacos (GF) on Soft Tortilla w/Shredded Cheese & Lettuce Choose 1 or 2 Refried Beans Fresh Baby Carrots Choose 1 Fresh, Dried & Canned Fruit	17 Salisbury Steak w/School Baked Dinner Roll Choose 1 or 2 Whipped Potatoes w/Gravy Green Beans Choose 1 Fresh, Dried & Canned Fruit
School Closed 20	21	22	"Try it" Thursday 23	National Compliment Day 24
 Martin Luther King Jr. Day	Cheese Bites w/Pizza Dipping Sauce Choose 1 or 2 Steamed Peas Fresh Baby Carrots Choose 1 Fresh, Dried, or Canned Fruit	Spaghetti w/Meat Sauce (GF sauce) & Texas Toast Choose 1 or 2 Manager's Choice Salad Steamed Green Beans Choose 1 Fresh, Dried, or Canned Fruit	Popcorn Chicken w/Biscuit Stick Choose 1 or 2 Sweet Potato Smash Fresh Veggie Cup Choose 1 Fresh, Dried, or Canned Fruit	Stuffed Crust Pizza Choose 1 or 2 Steamed Edamame Smile Potatoes Choose 1 Fresh, Dried & Canned Fruit

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 French Toast Sticks Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 1 <i>New</i> Peach Cobbler Biscuit Cereal w/Toast or Grahams Breakfast Pizza Pancake Sausage Wrap GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 1 Whole Grain Yeast Donut Cereal w/Toast or Grahams Breakfast Pizza Egg & Cheese on Croissant GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 1 <i>Eggstravaganza</i> w/Biscuit Stick Cereal w/Toast or Grahams Breakfast Pizza Sausage & Cheese Sandwich <i>School Made Fruit Smoothie</i> GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice	Choose 1 WG Sweet Potato Cinnamon Roll Cereal w/Toast or Grahams Breakfast Pizza Chicken Biscuit GF - 2 Yogurts Choose 2 Asstd Fresh, Dried & Canned Fruit and Orange Juice

Cereal w/Toast or Grahams offered daily.

Fat free flavored and unflavored milk and 1% white milk offered daily for lunch and breakfast.

Nutritional data provided by the School Nutrition Program should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitutions may be made without notice. Please consult a medical professional for assistance in planning for or treating medical conditions. USDA is an equal opportunity provider and employer.

Fauquier County Public Schools
Elementary School January 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
Cheeseburger (GF) on WG Roll Choose 1 or 2 Vegetable Blend Juice Straight Cut Potatoes Choose 1 Fresh, Dried, or Canned Fruit	Grilled Cheese Sandwich Choose 1 or 2 Tomato Soup Fresh Veggie Cups Choose 1 Fresh, Dried, or Canned Fruit	Chicken Tenders w/WG Muffin Choose 1 or 2 AuGratin Potatoes Steamed Green Beans Choose 1 Fresh, Dried & Canned Fruit	Beef Nachos w/Cheese Choose 1 or 2 Refried Beans Steamed Golden Corn Nuggets Choose 1 Fresh, Dried & Canned Fruit (Entire meal GF)	<i>Pillsbury</i> Mini Maple Pancakes w/Chicken Sausage Patties (GF) Choose 1 or 2 Manager's Choice Veggie Fresh Baby Carrots Choose 1 Fresh, Dried, Canned Fruit, or Fruit Juice

Daily Lunch Options

- PBJ Sandwich w/yogurt OR string cheese & Pretzel Stix
- Chef Salad w/crackers
- Soft Pretzel w/yogurt AND string cheese
- **Toasted Cheese offered on Tues & Thurs.

Each school lunch consists of 5 meal components: meat/meat alternate, grain, vegetable (2 servings), fruit, and milk. Students are encouraged to take all items. Students may choose as few as 3 items, for the lunch price, as long as one of the items is a fruit or vegetable.

A la carte snack items such as WG chips/crackers, WG school baked cookies, low fat/reduced sugar ice cream, water, & 100% fruit juice are available daily for students to purchase. There is no charging of a la carte items.



What's **fresh** in School Nutrition
During the Month of January?

Fresh - Fauquier Reaches for Excellence in School Health

Our Harvest of the Month (HOTM) vegetable is:

* Sweet Potato - Check out this Sweet Veggie on Thursday, January 23rd!

* Watch for "Try it" days on your monthly menu. That's when a featured item or recipe will be introduced. We encourage students to try a food item that may be new to them.



Sweet Potato

Fun Facts

Sweet potatoes are loaded with vitamin A. They're also a good source of fiber, vitamin B6, and potassium.

Sweet potatoes can be long and thin or fat and chunky. They are orange, white, or even purple.

Potatoes and sweet potatoes aren't related. Potatoes are in the deadly nightshade family; sweet potatoes are related to bindweed (morning glory). Potatoes are



What is EDAMAME?

In Japanese **edamame** means "Beans on Branches" and is an exotic name for this sweet, nutty-flavored food. Once nicknamed "the vegetable cow", **edamame** is a complete protein, containing all nine essential amino acids. It is the only vegetable that offers a complete protein profile equal to both meat and eggs.

What's the difference between a Lima Bean and Edamame?

Edamame are soy beans, while lima beans are known as butter beans. Lima beans and edamame both grow in pods, but the beans taste different. Edamame are round and nutty-flavored, while lima beans are flat and usually cooked in butter.

**Check Out Thursday's
Breakfast Menu**

**Fruit Smoothie
8 oz serving w/Grahams**

*Made with Yogurt, 100% Fruit
Juice, and Fruit

Manager's Choice Mon-Wed

2019-20 Elementary School Meal Prices

Breakfast daily

Elementary, full price \$1.65 day/\$8.25 wk
Reduce priced, all levels \$0.30 day/\$1.50 wk

Lunch daily

Elementary, full price \$2.80 day/\$14.00 wk
Reduce priced, all levels \$0.40 day/\$2.00 wk
Milk only \$.55