


NOVEMBER 2009 INDEPENDENT HILL MENU

Bagged lunches available on field trip days with advance notice!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Break-fast	Chilled Orange Juice 2 Pancakes OR Cereal w/Oatmeal to Go	3	Sweet Crinkles 4 Chicken Biscuit OR Cereal w/Oatmeal to Go	Blended Fruit Juice 5 Ham & Cheese Croissant OR Cereal w/Toast	Chilled Orange Juice 6 Sausage Bagel OR Cereal w/Oatmeal to Go
Lunch Pick 1 Entrée	Popcorn Chicken w/Bread Stick Honey BBQ Beef Rib w/Bread Stick Black Bean & Corn Salsa w/Cheese Sauce & Tostitos Yogurt w/Bread Stick Pepperoni & Cheese Salad w/Bread Stick	TEACHERS' WORKDAY	Pepperoni Pizza Gordita w/Cheese Sauce, Lettuce & Tomato Cheese Pizza Yogurt w/Granola Bar Chicken Caesar Salad w/Granola Bar	Crispy Chicken/White or Wheat Bun w/Lettuce & Pickle Chili w/Cheesy Bread Stick Black Bean Empanadas Yogurt w/Cheesy Bread Stick Turkey & Cheese Salad w/Cheesy Bread Stick	Spicy Chicken Tenders w/Cinnamon Bread 2 Hot Dog/White or Wheat Bun w/Chili Grilled Cheese Sandwich Yogurt w/Cinnamon Bread Chicken Strip Salad w/Cinnamon Bread
Pick 2 Sides	Mashed Potatoes w/Gravy Steamed Broccoli Chilled Peaches Orange Wedges & Apple Half		Creamy Cucumber Moons Carrots & Celery w/Dip Chilled Applesauce Orange & Kiwi Wedges	Baked Potato w/Sour Cream Broccoli & Cauliflower w/Cheese Sauce Pear Wedges w/Yogurt Dip Frozen Fruit Juicee	French Fries Pasta & Flame Roasted Vegetables Chilled Mandarin Orange Fuji Apple
Break-fast	Chilled Orange Juice 9 Apple Roll OR Cereal w/Oatmeal to Go	Tri-Taters 10 Pancake Puppy OR Cereal w/Toast	11	Blended Fruit Juice 12 Sausage Breakfast Pizza OR Cereal w/Toast	Fresh Banana 13 French Toast Sticks OR Cereal w/Oatmeal to Go
Lunch Pick 1 Entrée	French Bread Pepperoni Pizza Popcorn Shrimp w/Italian Bread Stick French Bread Cheese Pizza Yogurt w/Italian Bread Stick Turkey & Cheese Salad w/Italian Bread Stick	Crispy Chicken /White or Wheat Bun w/Lettuce & Pickle Steak & Cheese Sub w/Lettuce & Pickle Chili Cheese Wrap Yogurt w/Granola Bar Pepperoni & Cheese Salad w/Granola Bar	Veterans Day	Chicken Tenders w/Dinner Roll Teriyaki Beef Dippers w/Dinner Roll Black Bean Empanadas Yogurt w/Dinner Roll Cheese & Bacon Salad w/Dinner Roll	Spaghetti & Meat Sauce w/French Bread Chicken Teriyaki over Rice w/French Bread Morningstar Chik'n Nuggets w/French Bread Yogurt w/French Bread Chicken Tender Salad w/French Bread
Pick 2 Sides	Hot Spiced Apples Tossed Salad w/Dressing Baby Carrots w/Dip Orange Wedges & Grapes	Broccoli Cheese Soup w/Crackers Baked Beans Pear Wedges w/Yogurt Dip Fruit Sherbet		Mashed Potatoes w/Gravy Brussel Sprouts w/Cheese Sauce Chilled Peaches Banana w/Chocolate Dip	Green Beans Baby Carrots & Broccoli w/Dip Chilled Applesauce Frozen Grapes

 **This is a Pork Product**

Any questions or concerns please call School Food and Nutrition Services Central Office at (703)791-7314.

Breakfast Available in all Schools. Eating a nutritious breakfast is an important start for the day. Studies show that children who eat breakfast are better prepared to participate in the day's learning activities than those who start their day without breakfast. School breakfast is significantly associated with improved scores on standardized achievement tests, and a lower rate of both absenteeism and tardiness. Students eligible for free or reduced price lunch are also eligible for free or reduced price breakfast.


Check out the Choices!

This year's menu features more whole grains, fresh fruits and vegetables and vegetarian choices.

 **This is a Vegetarian Product**

Prepayments – Students may set up meal and/or cash accounts with the Food Services manager in the morning before school using cash or checks. Prepayments made into meal accounts (breakfast or lunch) can be used only for complete meals. Cash accounts can be used to purchase breakfast, lunch or a la carte items. Accounts can be purchased for any number of days or amounts of money. **Please tell us how you want your prepayments credited; to a meal account, a cash account or all three (breakfast, lunch and cash).** Make checks payable to "Prince William County School Food and Nutrition Services". By paying for your purchase with a check, you are accepting our check acceptance policy. In the unlikely event your check is returned unpaid, you understand and agree that your check will be electronically redeposited at your bank for the face value plus a \$35.00 processing fee and any protest or bad check return fee charged by your financial institution. This action will be taken without further notice.

Make prepayments online by visiting mylunchmoney.com.

 **This is a Whole Grain**

Breakfast - Per Day

All Levels Full Price Student	\$1.20
All Levels Reduced Price Student	\$.30
Adult Price Per Day	\$1.75
Second Student Breakfast	\$1.75

Lunch - Per Day

Middle Full Price Student	\$2.25
All Levels Reduced Price Student	\$.40
Adult Price Per Day	\$3.10
Second Student Lunch	\$3.10
Soy Milk	\$1.00
Milk	\$.60
School Baked Cookies	1/35¢

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Break-fast	Chilled Orange Juice 16 Pancakes OR Cereal w/Oatmeal to Go	Orange Wedges 17 Skillet Frittata w/Toast OR Cereal w/Toast	Sweet Crinkles 18 Chicken Biscuit OR Cereal w/Oatmeal to Go	Blended Fruit Juice 19 Ham & Cheese Croissant OR Cereal w/Toast	Chilled Orange Juice 20 Sausage Bagel OR Cereal w/Oatmeal to Go
Lunch Pick 1 Entrée	Spicy Popcorn Chicken w/Dinner Roll Cheeseburger/Bun w/Lettuce & Pickle Black Bean & Corn Salsa w/Cheese Sauce & Tostitos Yogurt w/Dinner Roll Pepperoni & Cheese Salad w/Dinner Roll	Macaroni & Cheese w/Little Smokies w/Garlic Bread Nachos w/Cheese Sauce w/Garlic Bread Black Bean Empanadas Yogurt w/Garlic Bread Spicy Popcorn Chicken Salad w/Garlic Bread	FALL LUNCHEON Stuffed Crust Pepperoni Pizza Chicken Fajita w/Cheese, Lettuce & Tomato w/Cinnamon Bread Stick Stuffed Crust Cheese Pizza Yogurt w/Cinnamon Bread Stick Taco Salad w/Cinnamon Bread Stick	Lasagna w/French Bread Pizza Sticks w/Dipping Sauce Grilled Cheese Sandwich Yogurt w/French Bread Chicken Caesar Salad w/French Bread	Crispy Chicken/White or Wheat Bun w/Lettuce & Pickle Steak & Cheese Stromboli w/Dipping Sauce Italian Hot Pocket Yogurt w/Granola Bar Tuna Chef Salad w/Granola Bar
Pick 2 Sides	Mashed Potatoes w/Gravy Mixed Vegetables Citrus Boat Chilled Pears	Tossed Salad w/Dressing Broccoli Salad Apple Wedges w/Caramel Dip Fruit Juice Gelatin	Curly Fries Hot Spiced Apples Baby Carrots & Broccoli w/Dip Fruit Medley • Harvest Cookie •	Steamed Broccoli Cucumber Wedges & Carrots w/French Dressing Chilled Applesauce Orange & Kiwi Wedges	Tater Tots Chicken Salsa Soup w/Crackers Chilled Mixed Fruit Apple Wedges & Grapes
Break-fast	Chilled Orange Juice 23 Apple Roll OR Cereal w/Oatmeal to Go	Tri-Taters 24 Pancake Puppy OR Cereal w/Toast	Chilled Orange Juice 25 Cheese & Bacon English Muffin OR Cereal w/Oatmeal to Go	26 27	
Lunch Pick 1 Entrée	2 Soft Tacos w/Cheese, Lettuce & Tomato Turkey & Bacon Sub w/Lettuce & Tomato Morningstar Chik'n Nuggets w/Bread Stick Yogurt w/Bread Stick Pepperoni & Cheese Salad w/Bread Stick	Chicken Enchilada Pie w/Chips & Salsa Hamburger Sliders w/Lettuce & Pickle Egg Roll w/Fried Rice Yogurt w/Granola Bar Taco Salad w/Granola Bar	HALF DAY RELEASE Ham & Cheese Sub Turkey & Cheese Sub Chili Cheese Wrap Yogurt w/Granola Bar Chicken Caesar Salad w/Granola Bar		
Pick 2 Sides	Broccoli & Cheese Rice Carrots & Snow Peas w/Dip Chilled Peaches Graham Banana Bites	Baked Beans Apple Wedges w/Caramel Dip Chilled Mixed Fruit Pumpkin Pie Square	Assorted Baked Chips Fresh Apple Orange Wedges		
Break-fast	Chilled Orange Juice 30 Pancakes OR Cereal w/Oatmeal to Go	Availability of Free & Reduced Price Meals			
Lunch Pick 1 Entrée	Popcorn Chicken w/Bread Stick Honey BBQ Beef Rib w/Bread Stick Black Bean & Corn Salsa w/Cheese Sauce & Tostitos Yogurt w/Bread Stick Pepperoni & Cheese Salad w/Bread Stick	Families who have an income below established standards or qualify for Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or "Temporary Assistance for Needy Families" (TANF) are eligible for free or reduced price meals. Applications for meal assistance are available at each school or electronically at www.pwcs.edu			
Pick 2 Sides	Mashed Potatoes w/Gravy Steamed Broccoli Chilled Peaches Orange Wedges & Apple Half	Join us for the FALL LUNCHEON WEDNESDAY, NOVEMBER 18, 2009 and receive a Harvest Cookie. 		November 9-13, 2009 is Virginia Farm to School Week This past fall, School Food & Nutrition Services has brought in Virginia grown tomatoes, cucumbers, peaches, watermelon, apples and lettuce. As the season progresses to winter, we will continue to use Virginia grown apples and lettuce to help nourish our students with healthy local produce.	

“W” PRECEDING A MENU ITEM OR CONDIMENT INDICATES THAT ITEM MAY BE REFUSED.

AN UNCRUSTABLE PBJ SANDWICH AND HUMMUS & PITA CHIPS ARE OFFERED DAILY AS VEGAN ENTRÉE CHOICES.

A CHOICE OF MILK IS OFFERED AT EVERY MEAL