

LUNCH PRICE: MIDDLE

\$3.00

DAILY ITEMS

Cheese & Crackers (V) Meal— Vegetable, Fruit, & Milk
PBJ w/ Yogurt OR Cheesestick (V) Meal— Vegetable, Fruit, & Milk
Yogurt & Cheesestick (V) Meal—Vegetable, Fruit, & Milk

SALADS

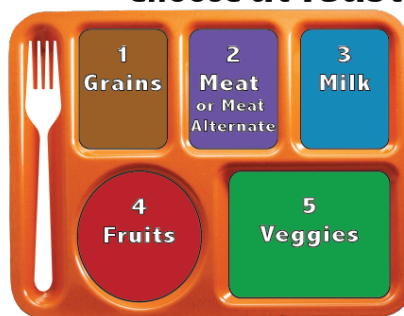
Monday— BLT Salad
Tuesday—Chef Salad
Wednesday— Chicken Caesar Salad
Thursday— Mandarin Chicken Salad
Friday— Tuna Chef Salad

A LA CARTE ITEMS

Lunch Entrée—\$ 2.50
Fresh Fruit— \$0.75
Vegetables— \$.0.60
Dessert— \$1.00
Milk— \$0.50
Bottled Water— \$1.00

OFFER vs SERVE The Five Meal Components for School Lunch

Choose **at least 3** including:



• $\frac{1}{2}$ Cup of **Fruits**
or **Vegetables**

• At Least 2 **Other**
Food Groups

For best nutrition, **choose all 5**



DO YOU HAVE ANY QUESTIONS? NEED SOME ADDITIONAL ASSISTANCE?

Please call Stafford County School Nutrition at (540) 654-9040.

PRE-PAYMENTS

Pre-payments can be made online using www.myschoolbucks.com . Making a credit card payment online will cost the user \$2.49 per payment. Cash and check pre-payments may be made at school. Checks should be made out to SCPS with the child's name and identification number in the memo line. Parents who wish to set up spending limits, or put other restrictions on the account, should contact the school cafeteria manager directly.

MEAL 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). Parents are highly encouraged to monitor their child's account activity and balance online using www.myschoolbucks.com . This viewing service is free of charge to parents. Stafford County School Nutrition utilizes an automated phone system to help notify parents of a negative balance. Charging of a-la-carte items is NOT permitted. Dessert is \$1.00 with a meal. Stafford County School Nutrition utilizes ENVISION Check Recovery System for all checks returned with insufficient funds. All fees apply.

USDA NON-DISCRIMINATION POLICY: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.