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5/1 Pepperoni  or Cheese Pizza  (or) Chef Salad w/rolls  Mixed Vegetables / Fresh Grape Tomatoes Asst. Fruit / Assorted Milk	5/2 Chicken Nuggets  w/ Biscuit  (or) Chef Salad w/rolls  Steamed Sliced Carrots / Fresh Broccoli florets Asst. Fruit / Assorted Milk	5/3 Cheeseburger on Bun  + Wheat Cracker Pkt. (1ea.)  (or) Chef Salad w/rolls  Oven Fries / Fresh Tossed Salad w/tomatoes Asst. Fruit / LF 1% or Skim Milk	5/4 Manager's Choice (menu to be announced) Assorted Vegetables Assorted Fruits Assorted Milk	5/5 NO SCHOOL (Apple Blossom) 
5/8 Pepperoni  or Cheese Pizza  (or) Chef Salad w/rolls  Steamed Sliced Carrots / Fresh Broccoli florets Asst. Fruit / Assorted Milk	5/9 Chicken Patty  on bun  + Wheat Cracker Pkt. (1ea.)  (or) Chef Salad w/rolls  Green Beans  / Fresh Grape Tomatoes Asst. Fruit / Assorted Milk	5/10 Salisbury Steak w/gravy + WGR Dinner Roll  (or) Chef Salad w/roll  Whipped Potatoes / Fresh Tossed Salad w/tomatoes Asst. Fruit / Assorted Milk	5/11 Taco  Salad + Salsa w/ + lettuce, tomatoes, cheese garnish (or) Chef Salad w/roll  Refried Beans / Corn Asst. Fruit / Assorted Milk	5/12 Pancakes  w/ cheese omelet or Sausage Patties (or) Chef Salad w/rolls  Tater Tots / Fresh Sliced Cucumbers Asst. Fruit / Assorted Milk
5/15 Pepperoni  or Cheese Pizza  (or) Chef Salad w/rolls  Broccoli / Fresh Baby Carrots Asst. Fruit / Assorted Milk	5/16 Cheeseburger on Bun  + Wheat Cracker Pkt. (1ea.)  (or) Chef Salad w/rolls  Green Beans  / Fresh Kidney Bean Salad Asst. Fruit / Assorted Milk	5/17 Breaded or Roasted Chicken w/ WGR Dinner Roll  (or) Chef Salad w/roll  Whipped Potatoes w/gravy / Fresh Grape Tomatoes Asst. Fruit / Assorted Milk	5/18 Sloppy Joe on Bun  + Wheat Cracker Pkt. (1ea.)  (or) Chef Salad w/rolls  Green Peas / Fresh Tossed Salad w/tomatoes Asst. Fruit / Assorted Milk	5/19 Chicken Nuggets  or Rings  or Sticks  w/ Biscuit  (or) Chef Salad w/rolls  Oven Fries / Fresh Celery Sticks Asst. Fruit / Assorted Milk
5/22 Manager's Choice (menu to be announced) Assorted Vegetables Assorted Fruits LF 1% or Skim Milk	5/23 Manager's Choice (menu to be announced) Assorted Vegetables Assorted Fruits LF 1% or Skim Milk	5/24 ** (Last Day of School) ** ** (Early Dismissal Day) ** <u>*NO LUNCH*</u> <u>"Only Breakfast</u> <u>will be served"</u>		 IT'S SUMMER!

❖ **MEAL PLAN** – {*Choose “2 Servings of a Vegetable + 1 Serving of a Fruit + Entrée (bread/meat) + Milk = A Meal*} ❖ **Free Water** - Available Daily


◆ Breakfast ◆



Breakfast Available Every day for:
 Students (free, reduced & full priced) & Adults
 plus many a la carte items also available


Breakfast is served about 20 Minutes
 before school begins, Monday – Friday.


*** Breakfast Prices*:**

Full Price Student - \$1.30
 Reduced Price - \$0.30
 Adult Price - \$1.85

Monday: Asst. Cereal  (or) Low Fat Muffin
 + Yogurt (or) LF Cheese stick
 + Asst. Fruit/Vegetable (&/or) 100% Fruit
 juice + LF 1% (or) Skim Milk

Tuesday: Pancakes  (or) Waffles 
 w/syrup (or) Cereal & LF Cheese stick
 + Asst. Fruit/Vegetable (&/or) 100% Fruit
 juice + LF 1% (or) Skim Milk


Wednesday: Home-style Turkey Sausage
 Biscuit  (or) Cereal & LF Cheese stick
 + Asst. Fruit/Vegetable (&/or) 100% Fruit
 juice + LF 1% (or) Skim Milk

Thursday: French Toast Sticks  w/syrup
 (or) Cereal & LF Cheese stick
 + Asst. Fruit/Vegetable (&/or) 100% Fruit
 juice + LF 1% (or) Skim Milk

Friday: Turkey Sausage Breakfast Pizza
 (or) Cereal & LF Cheese stick
 + Asst. Fruit/Vegetable (&/or) 100% Fruit
 juice + LF 1% (or) Skim Milk

◆ Menu Key ◆

Menu Key: Whole Wheat =  and
 Low Fat = LF and Contains Pork = 

Chef Salad: (will include) Fresh Tossed
 Salad, Meats, Cheeses, Wheat Roll  and
 LF Dressing + a Fruit + a LF Milk = a
 regular lunch

◆ Advanced Sales Information ◆

****Advance Sales**:**

Pre-pay for student meals by sending in
 cash or a check to put on their cafeteria
 account. If paying by check please make
 sure child's first & last name is written in
 the bottom right hand corner memo section
 of the check & their PIN number too.

****Online Payments**:**

www.myschoolbucks.com

-Parents have the convenience of paying
 online with a **credit card** for their child's
 school meals and many other new features
 (see your child's acct. balance & what they are
 purchasing)
 - You will need to create a personalized
 account to receive your user ID & a
 password, pay your children's school meals &
 view other new features & then log out. The
 money will go into the child's account the
 very next day. It's that simple. If there are
 any questions please contact the Food Service
 Department at (540)667-4258, ext. 16147

◆ Cafeteria News ◆

****NEW - Lunch Prices**:**

Full Price Student - \$2.55
 Reduced - \$0.40
 Adult - \$3.45
 Extra Milk - \$0.45

"Grab-n-Go" Breakfast

(asst. cereal, graham snack, juice & milk)
 will be served on
ALL 2-Hour Delay Days
 during the 2016-17 School Year.

If you have any questions concerning
 specific Frederick Douglass Elementary
 School Cafeteria issues please contact the
 School Cafeteria Manager,
 Eva Pollard at
 (540) 667-4258 ext. 88003



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 (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
 (2) fax: (202) 690-7442; or
 (3) email: program.intake@usda.gov.
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