

**Washington County
Virginia
Middle School
Lunch Menu**

May 2019

This institution is an equal opportunity provider.

School News

Make the healthy economical choice:
Lunch

Paid Main \$2.55
Paid Deli/Pizza \$2.75
Reduced \$0.40
Free \$0.00

Choice of Milk
1% White
Chocolate Non-Fat
Strawberry Non-Fat

A school lunch includes 5 components:

- Meat/Meat Alternative
- Grain
- Vegetable
- Fruit
- Milk

A minimum of 3 components must be selected by the student to meet required standards. 1 of the selected components must be a 1/2 cup of fruit or vegetable.

Get in touch with us today to learn more about free and reduced priced meals in our district.
276-739-3074
www.wcs.k12.va.us
Make payments easily and safely using K12PaymentCenter.com

Monday April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<p><u>Choose 1</u> Cheeseburger Sliders Chef Salad Buffalo Chicken Flat Bread Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Potato tots California Veggies Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Corn Dog Chef Salad BBQ Rib Sub Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Baked Beans Sweet Potato Puffs Toss Salad</p> <p><u>Choose 1</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Oven Roasted Chicken w/roll Chef Salad Buffalo Chicken Nuggets w/roll Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Savory Carrots Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Chili Mac w/garlic breadstick Chef Salad Bacon Cheeseburger Cheeseburger (lettuce, tomato, onion) Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Steam Broccoli Potato Smiles or Toss Salad</p> <p><u>Choose 1</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Chicken Alfredo w/garlic breadstick Chef Salad Meatball Sub on Bun Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Buttered Corn Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p> <p>School Lunch Hero Day!</p>

Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
<p><u>Choose 1</u> Popcorn Chicken w/fried rice Chef Salad Asian Chicken w/fried rice Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Broccoli w/garlic Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Country Fried Steak w/roll & gravy Chef Salad Savory Chicken Nuggets w/roll & gravy Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Savory Carrots Toss Salad</p> <p><u>Choose 1</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Pork BBQ Sliders Chef Salad Mini Corn Dogs Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Ranchero Beans Au Gratin Potatoes Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Scrambled Egg/Sausage link/Biscuit & Gravy Chef Salad Chicken Patty on Bun Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Potato Wedge Broccoli & Cheese Toss Salad</p> <p><u>Choose 1</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Nachos Chips w/Chili, Cheese Chef Salad Chicken & Cheese Taqitos Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Refried Beans Buttered Corn Salsa Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>
Monday, May 13	Tuesday, May 14	Wednesday May 15	Thursday, May 16	Friday, May 17
<p><u>Choose 1</u> Chicken & Waffle Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Corn Dog Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Pinto Beans Au Gratin Potatoes Toss Salad</p> <p><u>Choose 1</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Grilled Cheese Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Tomato Soup California Veggies Potato Wedge Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Hot Dog w/chili, cheese & onion Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Baked Beans Cole Slaw Potato Tots Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Spicy Chicken Patty on Bun Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Potato Wedges Toss Salad</p> <p><u>Choose 1</u> Fruit Choice of Milk</p>
Monday, May 20	Tuesday, May 21			
Managers Choice	<p>Managers Choice 2 hr Early Dismissal Last Day of School</p>			

Attention Parent/Guardian:

As the 2018-2019 school year is winding down, here are a few reminders:

Positive and negative student account balances do carry over each school year. If your child has a negative balance we ask, you to try to get it paid prior to the last day of school.

If you are having a financial hardship and may be in need of a payment plan, please call Brenda Green 276-739-3031.

If we have a current meal application on file and you have had a change in income or increased in household members please call Brenda Green 276-739-3031. Child Nutrition may receive meal applications through the last day of school. Meal benefits will be good for the first 30 days of the 2019-2020 school year.

Senior Parents/Guardian

If your graduating senior students has a negative account balance, we ask you to try to pay by May 3, 2019. If your graduating senior student has a positive account balance, you have two options.

You may transfer their balance to a sibling account or request a refund.

To request a transfer <http://www.wcs.k12.va.us/content/school-nutrition-refundfunds-transfer-form>

To request a refund <http://www.wcs.k12.va.us/content/school-nutrition-refundfunds-transfer-form>

Senior refund request will become void after the last day of school.

Monday April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<p><u>Choose 1</u> Yogurt Parfait Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancake Sausage Stick Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Egg & bacon Biscuit Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Biscuit & Gravy Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Smoothie w./graham Cracker Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
<p><u>Choose 1</u> Yogurt Parfait Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Pancake Sausage Stick Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Egg & bacon Biscuit Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Biscuit & Gravy Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Smoothie w./graham Cracker Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>
Monday, May 13	Tuesday, May 14	Wednesday May 15	Thursday, May 16	Friday, May 17
<p><u>Choose 1</u> Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Egg & bacon Biscuit Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit/Vegetable</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker</p> <p><u>Choose 1 or 2</u> Fruit /Vegetable</p> <p>Choice of Milk</p>
Monday, May 20	Tuesday, May 21	<p style="text-align: center;">Washington County Virginia Middle School Breakfast Menu May 2019</p> <p style="text-align: center;">This institution is an equal</p>		
<u>Managers Choice</u>	<u>Managers Choice</u>			
		<p>Again, we thank you for your continued support in allowing us to serve you and we look forward to 2019-2020 school year. Respectfully, Child Nutrition Programs.</p>		

2 hr Early Dismissal
Last Day of School