

MyLunchMoney.com

MyLunchMoney.com is an online system to track your child's account balance and add money using a credit or debit card. Secured through VeriSign, MyLunchMoney :

- decreases the chance of your child running out of lunch money
- eliminates the need to send money daily or weekly
- deducts from your credit card or debit card automatically or at your request
- enables you to check your child's account balance online
- shows what your child has eaten in the past seven days
- allows you to place spending limits on your child's account (We recommend setting a daily rather than a weekly spending limit.)
- emails you when your child's account balance drops to a certain level

Go online to **MyLunchMoney.com** and follow the directions. We encourage a \$10 minimum payment. Please note that it will take up to an hour for your account to show updates. If there are problems, call 1-800-479-3531 and select option 5 to speak with a **MyLunchMoney.com** representative.

Paying at school

Payments must include the student's name and student number. If you do not know this number, contact the school's cafeteria manager. Parents may place restrictions on accounts, if necessary, by contacting the cafeteria manager. We cannot accept checks that combine meal money with other school functions, such as field trips; the entire amount of the check will be posted to your child's meal account. You may write one check for multiple students at the same school. Credit cannot be extended for meals.

Returned checks

Envision Payment Solutions handles checks that are returned because of insufficient funds. A \$50 fee is charged for each returned check, plus the value of the check. If you have questions, call Envision Payment Solutions at (877) 290-5460.

Nutritional integrity

Every high school offers breakfast and lunch. Nutritional integrity is the goal of Chesterfield County Public Schools Food and Nutrition Department. We take special care in selecting foods that are consistent with the recommended dietary allowances. With parents and the community, we work to help children develop healthy eating habits. Cafeteria managers are ServSafe certified. Ingredient lists and nutritional information are available on the school system's website along with the menus.



Chesterfield County Public Schools
Food and Nutrition Services
76110 Whitepine Road, Richmond, VA 23237
(804) 743-3717
chesterfield.k12.va.us

Nondiscrimination

This explains what to do if you believe you have been treated unfairly. In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call toll-free (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

school menus



High School 2011-12

week 1

week 2

Monday

- Pizza **
- Grilled Cheese Sandwich
- Cheeseburger
- Chicken Fritter Bites
- Yogurt and Fruit Parfait
- Chicken Popper Wrap
- Chicken Teriyaki Salad
- Ham and Turkey Salad
- Fries
- Vegetable Medley
- Vegetable Snack Pack

Tuesday

- Pizza**
- Spicy Chicken
- Macaroni and Cheese with Slider
- Chicken Tenders
- Hummus Mini Meal
- Deli Sub
- Breaded Chicken Salad
- Apple and Cranberry Salad
- Mashed Potatoes with Gravy
- Broccoli
- Vegetable Snack Pack

Wednesday

- Pizza **
- Specialty Chicken Sandwich
- Cheeseburger
- Buffalo Boneless Wings
- Yogurt and Fruit Parfait
- Turkey and Bacon Wrap **
- Caesar Salad
- Ham and Turkey Salad
- Fries
- Steamed Carrots
- Vegetable Snack Pack

Thursday

- Penne with Marinara and Meatballs
- Spicy Chicken
- Hot Dog
- Hummus Mini Meal
- Ham, Turkey and Cheese Wrap
- Chicken Popper Salad
- Fajita Salad
- Green Beans
- Vegetable Snack Pack

Friday

- Cheesy Flatbread with Marinara
- Chicken Fillet
- Fish Sandwich
- Chicken Fritter Bites
- Yogurt and Fruit Parfait
- Wrap or Deli Sub
- Spicy Chicken Caesar Salad
- Ham and Turkey Salad
- Sweet Potato Fries
- Corn
- Vegetable Snack Pack

- Pizza **
- French Toast Sticks with Sausage Patties**
- Cheeseburger
- Chicken Fritter Bites
- Yogurt and Fruit Parfait
- Chicken Popper Wrap
- Chicken Teriyaki Salad
- Ham and Turkey Salad
- Baked Apples
- Vegetable Snack Pack

- Asian Chicken over Rice
- Chicken Fillet
- Corn Dog Bites
- Bosco Sticks
- Hummus Mini Meal
- Deli Sub
- Breaded Chicken Salad
- Apple and Cranberry Salad
- Fries
- Broccoli
- Vegetable Snack Pack

- Pizza **
- Hot Ham and Cheese Croissant
- Cheeseburger
- Buffalo Boneless Wings
- Yogurt and Fruit Parfait
- Turkey and Bacon Wrap *
- Caesar Salad
- Ham and Turkey Salad
- Fries
- Baked Beans
- Vegetable Snack Pack

- Pizza **
- Spicy Chicken
- Nachos with Chili and Cheese
- Spicy Black Bean Burger
- Hummus Mini Meal
- Ham, Turkey and Cheese Wrap
- Chicken Popper Salad
- Fajita Salad
- Sweet Potato Fries
- Corn
- Vegetable Snack Pack

- Cheesy Garlic French Bread with Marinara
- Chicken Fillet
- Barbecue Sandwich** with Slaw
- Chicken Fritter Bites
- Yogurt and Fruit Parfait
- Wrap or Deli Sub
- Spicy Chicken Caesar Salad
- Ham and Turkey Salad
- Fries
- Hot Vegetable Choice
- Vegetable Snack Pack

Daily lunch combos include choice of one beverage (20 oz. water or 8 oz. milk) and choice of one side (small salad, fresh fruit, cupped fruit or hot vegetable). See cafeteria boards for daily choices. Add \$1.20 to any entree for a combo meal.

Individual Prices

- \$2.50..... Black bean burger
- \$1.95 Pizza slice
- \$1.95..... Barbecue sandwich with slaw
- \$2.95..... Chicken fritter bites (5) with dip
- \$2.95 Boneless chicken wings (5)
- \$1.50 Chicken nuggets (5)
- \$1.75..... Chicken fillet
- \$1.50..... Chicken tenders (3) with dip
- \$1.60..... Burger
- \$1.75..... Cheeseburger
- \$1.40..... Nachos with cheese
- \$2.25..... Chili and cheese nachos
- \$2.85..... Wrap sandwiches
- \$2.50..... Deli subs
- \$2.95..... Entree salads
- \$1.55-\$2.50 Bosco breadsticks with sauce
- \$2.65..... Spaghetti with roll
- \$1.25..... Grilled cheese
- \$1.85..... Steak nuggets (7) with roll
- \$1.25..... Hot dog
- \$1.95..... Fish sandwich
- \$1.95..... Rib sandwich
- \$1.95..... Spicy chicken fillet
- 75¢..... Vegetable of the day
- \$1.25-\$1.75 French fries
- \$1.00 Mini salad
- 75¢..... Fruit cup, canned
- 60¢ Chips
- 75¢ Yogurt (4 oz.)
- 60¢ Milk (8 oz.)
- \$1.50 Milk (16 oz.)
- \$1.00 Bottled water (20 oz.)
- \$1.25..... Juice (100 percent), juice blends
- \$1.25..... Switch, Fruit 66
- 75¢ Cookie (fresh baked)
- 75¢..... Soft pretzel
- 65¢..... Cupcake (reduced fat)

Popular items are listed here; additional items are also offered. Prices are subject to change.

****Note:** Product may contain pork. Italicized entrees are vegetarian. Mini salads, large salads without protein, canned fruit, fresh fruit and milk are offered daily. When pizza is served, cheese and pepperoni will both be available. Menu may change without notice because of availability.

September 2011							October 2011							November 2011							December 2011							January 2012							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
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							30	31																											

February 2012							March 2012							April 2012							May 2012							June 2012							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
26	27	28	29	25	26	27	28	29	30	31	29	30	27	28	29	30	31	24	25	26	27	28	29	30											

*Holiday | *Three Hour Early Release | *Holiday Meals | *Manager's Choice
 National School Lunch Week is Oct. 10-14. National School Breakfast Week is March 5-9.

Week 1 Week 2