

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.

Free and reduced-price meals

Based on household size and income, students may qualify for free or reduced-price meals under the National School Lunch Program and School Breakfast Program. Family applications are available in school offices, online at chesterfield.k12.va.us and at the Food and Nutrition Services Office, 7610 Whitepine Road.

No credit

Credit cannot be extended for meals. The Food and Nutrition Services Department is a self-supporting part of Chesterfield County Public Schools, receiving no funds from local taxes or from the School Board. Expenses incurred by Food and Nutrition Services must be covered by revenue received.

To make sure your child has lunch money, we encourage parents to track their child's account balance through MyLunchMoney.com or by contacting their school's cafeteria manager.

Paying at school

Payments must include the child'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.

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

Five components are offered with each meal: meat or meat alternative, bread, milk and two fruit or vegetable choices. Students may select three, four or five components.

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
7610 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.

Middle School

2011-12

school menus



week 1

Monday

Pizza Dippers with Marinara
 Chicken Tenders with Roll
 Chicken Fillet Sandwich
Entree Salad with Cheese
Yogurt and Fruit Parfait
- Choice of two:
 Broccoli, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Tuesday

Asian Chicken over Rice
 Turkey and Ham Wrap
 Chicken Fillet Sandwich
 Chicken Popper Salad
Yogurt and Fruit Parfait
- Choice of two:
 Vegetable Medley, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Wednesday

*Big Daddy's Pizza ***
 Manager's Choice
 Chicken Fillet Sandwich
 Turkey and Cheese Salad
Yogurt and Fruit Parfait
- Choice of two:
 Seasoned Potato Half, Tossed Salad, Baby Carrots, Fruited Jello, Fresh and Cupped Fruit, Juice

Thursday

French Toast Sticks with Sausage Patties**
 Rib-BQ Sandwich**
 Cheeseburger
 Chicken Fajita Salad
Yogurt and Fruit Parfait
- Choice of two:
 Spiced Apples, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Friday

Fish Sandwich
Cheesy Flatbread with Marinara
 Spicy Chicken Fillet Sandwich
 Grilled Chicken Salad
Yogurt and Fruit Parfait
- Choice of two:
 Sweet Potato Fries, Tossed Salad, Baby Carrots, Fresh and Cupped Fruit, Juice

week 2

Steak Nuggets with Roll
 Hot Dog
 Chicken Fillet Sandwich
Entree Salad with Cheese
Yogurt and Fruit Parfait
- Choice of two:
 Baked Beans, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Soft Taco
Cheese Quesadilla
 Spicy Chicken Fillet Sandwich
 Chicken Popper Salad
Yogurt and Fruit Parfait
- Choice of two:
 Corn, Tossed Salad, Baby Carrots, Fresh and Cupped Fruit, Juice

*Big Daddy's Pizza***
 Barbecue Sandwich** with Slaw
 Chicken Fillet Sandwich
 Turkey and Cheese Salad
Yogurt and Fruit Parfait
- Choice of two:
 Steamed Carrots, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Macaroni and Cheese with Roll
 Cheeseburger
 Manager's Choice
 Chicken Fajita Salad
Yogurt and Fruit Parfait
- Choice of two:
 Broccoli, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Chicken Fajita Wrap
*Big Daddy's Pizza ***
 Spicy Chicken Fillet Sandwich
 Grilled Chicken Salad
Yogurt and Fruit Parfait
- Choice of two:
 French Fries, Succotash, Tossed Salad, Baby Carrots, Fresh and Cupped Fruit, Juice

week 3

Chicken Nuggets with Roll
Spicy Black Bean Burger
 Chicken Fillet Sandwich
Entree Salad with Cheese
Yogurt and Fruit Parfait
- Choice of two:
 Mashed Potatoes with Gravy, Tossed Salad, Baby Carrots, Fresh and Cupped Fruit, Juice

Student Planned Menu
*Big Daddy's Pizza***
 Chicken Fillet Sandwich
 Chicken Popper Salad
Yogurt and Fruit Parfait
- Choice of two:
 Fries, Hot Vegetable, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Spaghetti with Meat Sauce and Roll
 Grilled Chicken Wrap
 Chicken Fillet Sandwich
 Turkey and Cheese Salad
Yogurt and Fruit Parfait
- Choice of two:
 Green Beans, Tossed Salad, Fresh Veggies with Dip, Fresh and Cupped Fruit, Juice

Corn Dog Nuggets with Roll
Grilled Cheese Sandwich
 Cheeseburger
 Chicken Fajita Salad
Yogurt and Fruit Parfait
- Choice of two:
 Hot Vegetable or Soup, Tossed Salad, Baby Carrots, Fresh and Cupped Fruit, Juice

Nachos with Chili and Cheese
*Big Daddy's Pizza***
 Spicy Chicken Fillet Sandwich
 Grilled Chicken Salad
Yogurt and Fruit Parfait
- Choice of two:
 Mixed Vegetables, Tossed Salad, Baby Carrots, Fresh and Cupped Fruit, Juice

Breakfast

Monday

Breakfast Pizza
 Power Doughnut
 Yogurt with ProBall
 Cereal with ProBall
 Juice/Fresh Fruit
 Milk

Tuesday

Egg and Cheese English Muffin
 Power Doughnut
 Yogurt with ProBall
 Cereal with ProBall
 Juice/Fresh Fruit
 Milk

Wednesday

Glazed French Toast
 Power Doughnut
 Yogurt with ProBall
 Cereal with ProBall
 Juice/Fresh Fruit
 Milk

Thursday

Sausage Biscuit**
 Power Doughnut
 Yogurt with ProBall
 Cereal with ProBall
 Juice/Fresh Fruit
 Milk

Friday

Mini Pancakes
 Power Doughnut
 Yogurt with ProBall
 Cereal with ProBall
 Juice/Fresh Fruit
 Milk

****Note:** Product may contain pork. Milk is included with every breakfast and lunch. Italicized entrees are vegetarian. Deli sandwiches are offered daily. When pizza is served, cheese and pepperoni will both be available. Tomato or vegetable soup will be offered October through March. Menu may change without notice because of availability.

Lunch Prices

	Daily	Weekly	Two Weeks	50 Lunches
Student	\$1.80	\$9	\$18	\$90
Adult	\$2.75	\$13.75	\$27.50	\$137.50

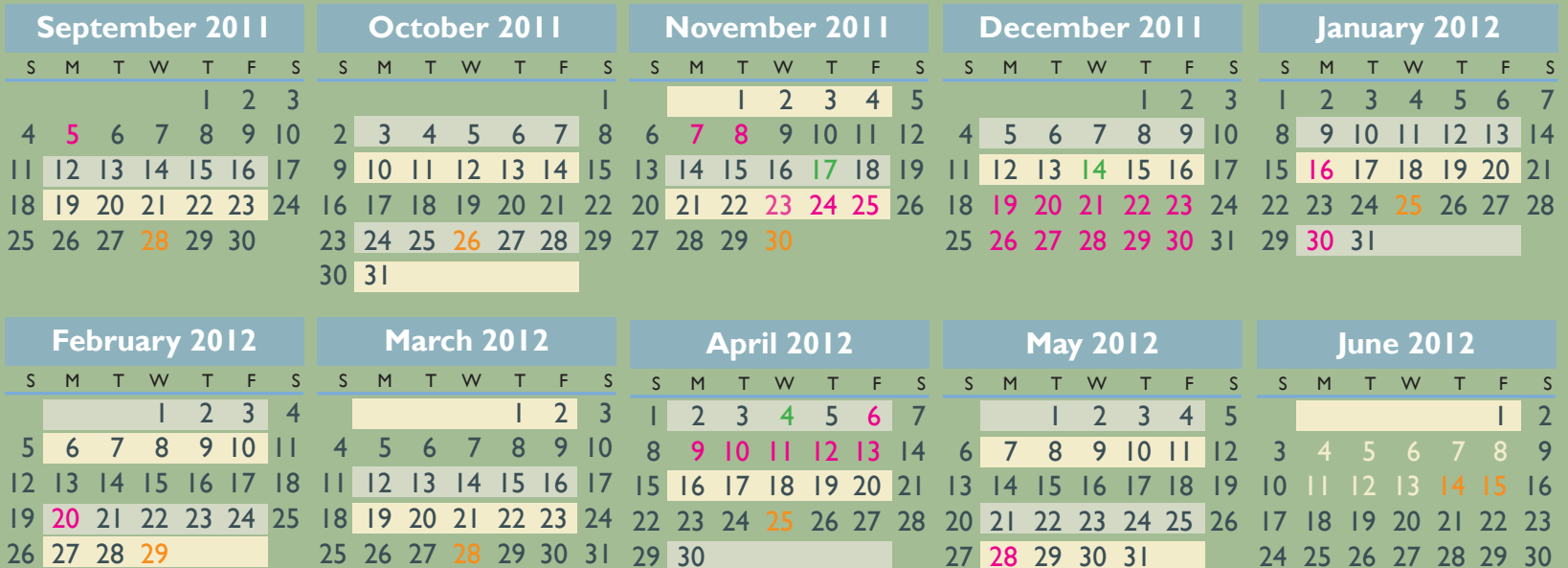
Breakfast Prices

	Daily	Weekly	Two Weeks	50 Breakfasts
Student	\$1.10	\$5.50	\$11	\$55

Individual Prices

60¢	Milk (8 oz.)	75¢	Cookie (fresh baked)
\$1.50	Milk (16 oz.)	65¢	Cupcake (reduced fat)
\$1.00	Bottled water (20 oz.)	65¢	Cereal bar
60¢	Juice (4 oz.)	60¢	Ice cream
\$1.25	Juice (100 percent), juice blends		
\$1.25	Switch, Fruit 66		
60¢	Chips		
75¢	Vegetable, fruit cup, fresh fruit		
\$1.80	Entree with bread		
\$1.80	Pizza slice		
\$2.75	Vegetarian meal		

Second lunch purchase is charged at a la carte prices.



*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 Week 3