

High School Menu

May 2017

Students may prepay for meals Weekly or Monthly. Prices for lunch are \$1.90 Full Price and \$.40 Reduced Price.
BREAKFAST: Students may select all 5 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.
LUNCH: Students may select all 4 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required

<p>1 Choice of One General Tso Chicken Bowl w/wo Hot Roll Chicken Nuggets w/wo Hot Roll *Oriental Chicken Salad w/wo Hot Roll</p> <p>Choose Up To Two Seasoned Potato Sticks Steamed Cabbage Black-Eye Peas Fresh Side Salad</p> <p>Choose Up To Two Chilled Pears Fresh Banana Fruit Juice 4 oz</p>	<p>2 Choice of One Cheese Sticks w/wo Marinara Sauce Pork Chop on Bun *Chicken Salad w/wo Bread Stick</p> <p>Choose Up To Two Baked Potato Broccoli Spears Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two Chilled Mixed Fruit Fresh Orange Wedges Fruit Juice 4 oz</p>	<p>3 Choice of One Fresh Cooked BBQ Chicken w/wo Hot Roll Sloppy Joe on Bun *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Fresh Baked Sweet Potato Green Beans Fresh Side Salad</p> <p>Choose Up To Two Chilled Diced Peaches Fresh Pear Fruit Juice 4 oz</p>	<p>4 Choice of One Chicken Tenders w/wo Hot Roll NC Pork BBQ on Bun *Grilled Chicken Salad w/wo Hot Roll</p> <p>Choose Up To Two Baked Potato Wedges Sweet Green Peas Fresh Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two Chilled Strawberry Cup Fresh Apple Fruit Juice 4 oz</p>	<p>5 Choice of One Shrimp Poppers w/Macaroni & Cheese w/wo Hot Roll BBQ Pork Rib on Bun *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Fries Whole Kernel Corn Fresh Broccoli Fresh Side Salad</p> <p>Choose Up To Two Chilled Applesauce Fresh Grapes Fruit Juice 4 oz</p>
<p>8 Choice of One Fresh Grilled Philly Steak Sub North Carolina Pork BBQ on Bun *Grilled Chicken Salad w/wo Bread Stick</p> <p>Choose Up To Two Fresh Baked Sweet Potato Black-Eye Peas Fresh Side Salad</p> <p>Choose Up To Two Chilled Peaches Fresh Banana Fruit Juice 4 oz</p>	<p>9 Choice of One Corn Dog Nuggets w/wo Hot Roll Pork Chop & Gravy w/wo Hot Roll *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Scalloped Potatoes Sweet Green Peas Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two Chilled Mixed Fruit Fresh Orange Wedges Fruit Juice 4 oz</p>	<p>10 Choice of One Spicy Buffalo Wings w/wo Macaroni & Cheese w/wo Hot Roll Bacon Cheeseburger on Whole Grain Bun *Tuna Salad Cold Plate w/wo Hot Roll</p> <p>Choose Up To Two: Seasoned Potato Sticks Green Beans Fresh Side Salad</p> <p>Choose Up To Two Chilled Strawberry Cup Fresh Pear Fruit Juice 4 oz</p>	<p>11 Choice of One Spaghetti & Meat Sauce w/wo Bread Stick Hot Dog on Bun (All Beef) *Oriental Chicken Salad w/wo Bread Stick</p> <p>Choose Up To Two: Baked Potato Wedges Steamed Broccoli Baked Beans Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two Chilled Pears Fresh Apple Fruit Juice 4 oz</p>	<p>12 Choice of One Chicken Nuggets w/wo Hot Roll BBQ Pork Rib on Bun *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Oven Baked Fries Steamed Cabbage Fresh Broccoli Fresh Side Salad</p> <p>Choose Up To Two Chilled Pineapple Tidbits Fresh Grapes Fruit Juice 4 oz</p>

Nutritional information (including common food allergens) may be viewed on-line at the Food & Nutrition Services home page at: www.spsk12.net/departments/food-services (Go to the Nutrition Information link). *Disclaimer: The allergen information is based on product information sheets and ingredient labels from manufacturers. Variations may occur due to difference in supplies, product and ingredient substitutions, and formulation changes.

Breakfast Menu

Choose From One of the Featured Items:

Monday – Pancake & Sausage Stick

Tuesday – Sausage Biscuit

Wednesday – French Toast Sticks

Thursday – Cheese Omelet & Bacon w/wo Toast

Friday - TONY'S Breakfast Pizza

OR Choose One of the Items Offered Daily: Assorted reduced sugar Cereals w/wo Toast, Pop Tarts w/wo Toast, Super Donut, Sausage Biscuit, Yogurt w/wo Toast

Choice of Assorted Fresh Fruits or Fruit Juices

Choice of a Variety of Ice Cold Milk

Breakfast Price: \$.85 full-price \$.30 Reduced Price

MySchoolBucks.com App – Download the MySchoolBucks.com mobile app to your smart phone or tablet. MySchoolBucks.com is a secure online prepayment service for student meal accounts. The service is FREE to parents to monitor meal account history and available money on the child's account. Parents may make prepayments to their child's (lunch, breakfast and ala carte food accounts online at all schools (Elementary, Middle & High Schools). MySchoolBucks.com charges \$1.95 fee for credit card payments.

*Smart Choice Salads are lower in fat and calories and are available at all schools as menued: Chef Salad/ Chicken Salad Cold Plate / Garden Lovers Salad/ Grilled Chicken Salad/ Oriental Chicken Salad/ Tuna Salad Cold Plate

Menu Subject to Change Based on Product Availability

<p>15 Choice of One Crispy Chicken Wrap Meatloaf & Gravy w/wo Hot Roll *Garden Lover's Salad w/wo Hot Roll</p> <p>Choose Up To Two Creamy Mashed Potatoes Steamed Spinach Fresh Side Salad</p> <p>Choose Up To Two Chilled Mixed Fruit Fresh Banana Fruit Juice 4 oz</p>	<p>16 Choice of One Spicy Buffalo Wings w/Macaroni & Cheese w/wo Hot Roll Hot Dog on Bun (all Beef) *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Fresh Baked Sweet Potato Steamed Cabbage Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two Chilled Peaches Fresh Orange Wedges Fruit Juice 4 oz</p>	<p>17 Choice of One Asian Chicken w/wo Hot Roll Philly Chicken Hoagie *Chicken Salad w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Fries Whole Kernel Corn Zucchini Squash Fresh Side Salad</p> <p>Choose Up To Two Chilled Applesauce Fresh Pear Fruit Juice 4 oz</p>	<p>18 Choice of One Popcorn Chicken w/wo Hot Roll Fish & Cheese Hoagie *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Seasoned Potato Sticks Broccoli Spears Pinto Beans Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two Chilled Diced Pears Fresh Apple Fruit Juice 4 oz</p>	<p>19 Choice of One Fresh Cooked Oven Fried Chicken w/wo Hot Roll NC Pork BBQ on Bun *Grilled Chicken Salad w/wo Hot Roll</p> <p>Choose Up To Two Baked Potato Wedges Corn on Cob Green Beans Fresh Broccoli Fresh Side Salad</p> <p>Choose Up To Two Chilled Pineapple Tidbits Fresh Grapes Fruit Juice 4 oz</p>
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Fresh Fruit is served daily at Breakfast and Lunch. A variety of Ice cold milk is offered with each meal.

<p>22 Choice of One General Tso Chicken Bowl w/wo Hot Roll Chicken Nuggets w/wo Hot Roll *Oriental Chicken Salad w/wo Hot Roll</p> <p>Choose Up To Two Seasoned Potato Sticks Steamed Cabbage Black-Eye Peas Fresh Side Salad</p> <p>Choose Up To Two Chilled Pears Fresh Banana Fruit Juice 4 oz</p>	<p>23 Choice of One Cheese Sticks w/wo Marinara Sauce Pork Chop on Bun *Chicken Salad w/wo Bread Stick</p> <p>Choose Up To Two Baked Potato Broccoli Spears Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two Chilled Mixed Fruit Fresh Orange Wedges Fruit Juice 4 oz</p>	<p>24 Choice of One Fresh Cooked BBQ Chicken w/wo Hot Roll Sloppy Joe on Bun *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Fresh Baked Sweet Potato Green Beans Fresh Side Salad</p> <p>Choose Up To Two Chilled Diced Peaches Fresh Pear Fruit Juice 4 oz</p>	<p>25 Choice of One Chicken Tenders w/wo Hot Roll NC Pork BBQ on Bun *Grilled Chicken Salad w/wo Hot Roll</p> <p>Choose Up To Two Baked Potato Wedges Sweet Green Peas Fresh Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two Chilled Strawberry Cup Fresh Apple Fruit Juice 4 oz</p>	<p>26 Choice of One Shrimp Poppers w/Macaroni & Cheese w/wo Hot Roll BBQ Pork Rib on Bun *Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Oven Baked Fries Whole Kernel Corn Fresh Broccoli Fresh Side Salad</p> <p>Choose Up To Two Chilled Applesauce Fresh Grapes Fruit Juice 4 oz</p>
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Memorial Day

Students Not in School

30 Choice of One
Corn Dog Nuggets w/wo Hot Roll
Pork Chop & Gravy w/wo Hot Roll
*Fresh Chef Salad w/wo Hot Roll

Choose Up To Two:
Scalloped Potatoes
Sweet Green Peas
Fresh Celery Sticks
Fresh Side Salad

Choose Up To Two
Chilled Mixed Fruit
Fresh Orange Wedges
Fruit Juice 4 oz

31 Choice of One
Spicy Buffalo Wings w/wo Macaroni & Cheese w/wo Hot Roll
Bacon Cheeseburger on Whole Grain Bun
*Tuna Salad Cold Plate w/wo Hot Roll

Choose Up To Two:
Seasoned Potato Sticks
Green Beans
Fresh Side Salad

Choose Up To Two
Chilled Strawberry Cup
Fresh Pear
Fruit Juice 4 oz

Questions or concerns regarding the School Breakfast or Lunch Programs at Suffolk Public Schools can be directed to the Director of Food and Nutrition Services by calling 925-5789, or by e-mailing Brian Williams at: brianwilliams@spsk12.net

Applications for Free and Reduced-Price meals are available at each school office and also on-line at sps.heartlandapps.com

In accordance with Federal Law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

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 responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a complaint alleging discrimination, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or 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. Submit your completed form or letter to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, S.W.
Washington, D.C. 20250-9410

Fax: (202) 690-7442; or

email program.intake@usda.gov.

This institution is an equal opportunity provider.

Student Meal Charges/Negative Account Balance: When a student account balance exceeds \$15.00, we will attempt to contact the parent or guardian by phone. In addition, a collection notice letter will be mailed requesting payment within ten business days. If the requested debt payment is not satisfied by the due date, the entire outstanding balance in addition to any current meal charges will be turned over to the City for collection of the amount and any applicable fees. Students who have a negative account balance will NOT be allowed to purchase or charge ala carte snacks and beverages.

Applications for Free and Reduced-Price meals are available at each school office and also on-line at sps.heartlandapps.com. Applications are accepted daily throughout the school year. For more information please call 925-5789.