## **Culpeper Elementary & Middle Schools**

## **NOVEMBER 2020**

ALL MENUS INCLUDE CHOICE OF MILK- 1% WHITE OF SKIM CHOCOLATE

All SANDWICHES ARE SERVED ON WHOLE WHEAT ROLLS/WHOLE GRAIN TWISTER ROLLS/ENRICHED SLICED BREA

| THROUGH DECEMBER 31, 2020 ALL MEALS ARE FREE FOR ALL CHILDREN AGED 18 AND UNDER IN CULPEPER COUNTY |                                   | All SANDWICHES ARE SERVED ON WHOLE WHEAT ROLLS/WHOLE GRAIN TWISTER ROLLS/ENRICHED SLICED BREAD |                                |                                   |
|--|-----------------------------------|--|--------------------------------|-----------------------------------|
| Monday   | Tuesday                           | Wednesday  | Thursday                       | Friday                            |
|  |                                   |  |                                |                                   |
| 2  | 3                                 | 4  | Cereal & Fruit/Juice           | Sweet Swirl Roll & Fruit/Juice    |
| NO SCHOOL TODAY  | NO SCHOOL TODAY                   |  | Macaroni & Cheese              | Meatball Sub                      |
|  |                                   | SCHOOL CLOSED  | Pizza                          | Pizza                             |
| NO GRAB AND GO MEALS   | NO GRAB AND GO MEALS              |  |                                |                                   |
|  |                                   |  | Broccoli                       | French Fries                      |
|  |                                   |  | Fruit                          | Juice                             |
| Cereal & Fruit/Juice   | French Toast Sticks & Fruit/Juice | 11   | Cereal & Fruit/Juice           | French Toast Sticks & Fruit/Juice |
| Chicken Cheese Quesadilla  | Deli Wrap                         |  | Chicken Cheese Quesadilla      | Deli Wrap                         |
| Pizza  | Pizza                             |  | Pizza                          | Pizza                             |
| FIZZa  | FIZZA                             | SCHOOL CLOSED  | FIZZa                          | FIZZa                             |
| Refried Beans  | French Fries                      | GONGGE GEGGED  | Refried Beans                  | French Fries                      |
| Fruit  | Juice                             |  | Fruit                          | Juice                             |
| 16   | 17                                | 18   |                                | 0 00                              |
| Sweet Swirl Roll & Fruit/Juice   | Breakfast Pizza & Fruit/Juice     |  | Sweet Swirl Roll & Fruit/Juice | Breakfast Pizza & Fruit/Juice     |
| Cheese Bites w/Marinara  | Roast Chicken w/Roll              |  | Cheese Bites w/Marinara        | Roast Chicken w/Roll              |
| Pizza  | Pizza                             |  | Pizza                          | Pizza                             |
|  | Mashed Potatoes w/Gravy           | SCHOOL CLOSED  |                                | Mashed Potatoes w/Gravy           |
| French Fries   | Green Beans - Dessert             |  | French Fries                   | Green Beans - Dessert             |
| Fruit  | Juice                             |  | Fruit                          | Juice                             |
| 23 24  |                                   | 25   | 26                             | 27                                |
| Cereal & Fruit/Juice   | French Toast Sticks & Fruit/Juice |  |                                |                                   |
| Macaroni & Cheese  | Meatball Sub                      |  |                                |                                   |
| Pizza  | Pizza                             | NO SCHOOL TODAY  | NO SCHOOL TODAY                | NO SCHOOL TODAY                   |
|  |                                   |  |                                |                                   |
| Broccoli   | French Fries                      | NO GRAB AND GO MEALS   | NO GRAB AND GO MEALS           | NO GRAB AND GO MEALS              |
| Fruit  | Juice                             |  |                                |                                   |
| 30   |                                   |  |                                |                                   |
| Sweet Swirl Roll & Fruit/Juice   |                                   |  |                                |                                   |
| Chicken Noodle Soup & Grilled Cheese   | _                                 | e Grab and Go meals are available on the d<br>all CCPS locations EXCEPT EVHS between 10        | ,                              |                                   |
| Pizza  | 1                                 | n school will have a designated curb side pic  |                                |                                   |
|  |                                   | t your schools cafeteria manager with any o  |                                |                                   |
| Carrots  |                                   | ·  |                                |                                   |
| Fruit  |                                   |  |                                |                                   |

## "USDA is an equal opportunity provider and employer."

## **MENU SUBJECT TO CHANGE**

| Greg Beamer-Director of Food Service  | 829-2135-Culpeper Middle School Cafeteria       | 829-2145-A G Richardson Elementary Cafeteria | (WG)=Whole Grain              | (LF)=Low Fat        |
|---------------------------------------|---|--|-------------------------------|---------------------|
| 540/825-8212                          | 829-6894 ext 3317-Binns Middle School Cafeteria | 829-2175-Pearl Sample Elementary Cafeteria   | (WW)=Whole Wheat              | (LS)=Low Sodium     |
| You may visit www.mySchoolBucks.com   | 937-8292-Emerald Hill Elementary Cafeteria      | 829-2049-Farmington Elementary Cafeteria     | (EWB)=Enriched Wheat Breading | (T)=Turkey Product  |
| to put money on your child's account. | 829-2185 Sycamore Park Elementary Cafeteria     | 825-2575-Yowell Elementary Cafeteria         | (WGB)=Whole Grain Breading    | (C)=Chicken Product |