

# Menus for August 2010



## Lynchburg City Schools Elementary Menu

*This institution is an equal opportunity provider and employer.*

**Monday, August 23**

### Breakfast

Flapstick; Fresh Grapes

### Lunch

#### **Choice of One**

Crispy Chicken Fillet/ Bun  
Cheeseburger/ Bun

### Sides

Sl. Fresh Tomato & Lettuce  
Baked Potato Half  
Broccoli w/ cheese

**Tuesday, August 24**

### Breakfast

Cereal, Grahams

### **Celebrate Sports!**

### Lunch

#### **Choice of One**

"Sport Shaped" Chicken

Nuggets  
Sliced Ham

### Sides

Home Run Mashed Potatoes  
Kicking Green Beans  
Fresh or Canned Fruit  
Fresh Baked Wheat Roll(s)

**Wednesday, August 25**

### Breakfast

Sausage Biscuit

### Lunch

#### **Choice of One**

Assorted Wedge Pizza  
Cold Cuts w/ cheese / Bun

### Sides

Garden Salad w/dressing  
Hot Vegetable of choice  
Fresh or Canned Fruit  
Crackers

**Monday, August 30**

### Breakfast

Breakfast Pizza

### Lunch

#### **Choice of One**

Hot Dog w/wo Chili / Bun  
Turkey & Cheese / Bun

### Sides

Crispy Potato Puffs  
Fresh-made Cole Slaw  
Strawberry Cup

**Tuesday, August 31**

### Breakfast

Cereal; Grahams

### Lunch

#### **Choice of One**

Oven Roasted Chicken  
Sliced Ham

### Sides

Creamy Mashed Potatoes  
Peas & Carrots  
Fresh or Canned Fruit  
Fresh Baked Wheat Roll(s)

**Wednesday, Sept. 1**

### Breakfast

Chicken Biscuit

### Lunch

#### **Wild Wednesday Wellness Choice of One**

Juicy Turkey Burger/ Bun  
Toasted Cheese Sandwich  
w/ bag of "Pepitas"

### Sides

Sliced Garden Tomato & Lettuce  
Fresh Baked Sweet Potato  
**Watermelon—YUM!**  
ABC (whole grain) Cookies

# We've been expecting you.



And we're all set for a new year of great food and outstanding service. Please join us often — and don't forget to bring your appetite!

No price increases  
again this year!



**Breakfast**  
\$0.85 \$0.95  
Elementary Secondary

**Lunch**  
\$1.40 \$1.60  
Elementary Secondary

## New this year



The 1st Wednesday of every month is  
"**Wild Wednesday Wellness**"

**Super Healthy & So Delicious!**

Each menu will offer **Fresh** local foods and will include a nutritious treat.

**Wild Wednesday Wellness—YUM!**

Be sure to check out your Cafeteria Staff the 1st Wednesday of every month. You will see them in their Red "Wellness" T-Shirts serving up your "Wild Wednesday Wellness" menu.



**Thursday, August 26**

### Breakfast

Breakfast Pizza  
Fresh Banana

### Lunch

#### **Choice of One**

Chicken Fajita w/ Rice  
Turkey & cheese / bun

### Sides

Broccoli w/cheese  
Pineapple tidbits  
And Choc. Chip Cookie

**Friday, August 27**

### Breakfast

Muffin, Yogurt

### Lunch

#### **Choice of One**

Crispy Corn Dog  
Fish Fillet w/cheese / Bun

### Sides

Fresh Cucumber Slices  
and Grape Tomatoes  
with ranch dip  
Golden Corn  
Fresh or Canned Fruit



## Nutritious News



### "Wild Wednesday Wellness" Menu:

- \*Our new **Turkey Burger** - Juicy & Delicious... A lean, nutritious protein.
- \***Pepitas** are back—Fantastic Pumpkin Seeds .....Omega 3 & 6 Fatty Acids, Fiber, Iron, Magnesium....amazing little seeds!
- \***Fresh Tomato & Lettuce**—Really good on that Turkey Burger, ...source of Vitamin C & A
- \***Fresh Baked Sweet Potato**—Full of Fiber, Protein, Vitamins A & C, Iron & Calcium.
- \***Watermelon**, YES, Watermelon!! ...good source of Potassium, Vitamins A & C
- \***ABC Cookies**— No artificial ingredients, source of whole grain & tastes yummy!

**Also starting in September look for  
"Tooti Fruiti-Veggie Weggie Days"**

**Thursday, Sept. 2**

### Breakfast

Blueberry Pancakes  
Applesauce

### Lunch

#### **Choice of One**

Beef Taco on Soft Shell  
w/ shr. cheese,  
lettuce & tomato

Crispy Pork Chop / Bun

### Sides

Golden Corn  
California Blend Veggies  
Fresh or Canned Fruit

**Friday, Sept. 3**

### Breakfast

Yogurt; Grahams

### Lunch

#### **Choice of One**

Assorted Wedge Pizza  
PBJ Uncrustable  
...With String Cheese

### Sides

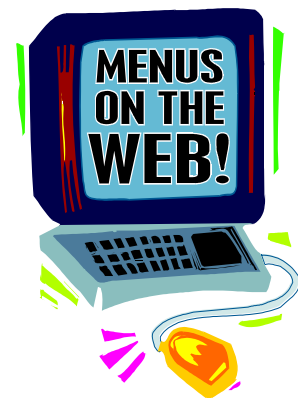
Fresh Garden Salad  
With baby Spinach  
& Shr. Carrots w/ dressing  
Frozen Fruit Sherbet  
Crackers

## PARENTS—PLEASE READ THE FOLLOWING INFORMATION

### Account and Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy a little extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$6.75. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If no money is received and the parent has not made arrangements for his/her child, **School Nutrition will provide a student with a toasted cheese sandwich, and a carton of milk. This emergency meal provides the nutrition a student needs to get through the school day.**
- Parents, please remember it is **your** responsibility to keep your child's account current. Don't forget the convenience of using Café Prepay to replenish your children's accounts.
- We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager.
- You may also contact the School Nutrition Office in the School Administration Building at 522-3700, ext 160 or ext 164. We will assist you with any concerns or questions.

Remember, a Charge Policy is a courtesy—not a requirement. Please use it wisely.




**SURF OVER TO**  
**www.lcsedu.net**



## MENU FACTS:

Choice of milk served with all complete meals:  
Skim & 1% white and flavored milk

100% Fruit Juice is served with every Breakfast. Cereal is available every day. 

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.



**MEAL APPLICATIONS:** You are required to complete a new meal application **each school year** for your children to receive free or reduced price meals, unless they are Directly Certified. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first month. If you have any questions or need further information, please call the School Nutrition Office at 522-3700, x164. Don't delay – get your child's meal application in **Today!**

Be sure to eat lunch the 1st Wednesday of every Month for

**"Wild Wednesday Wellness"**

And beginning in September, check out

**"Tutti Fruiti-Veggie Wedgie Days"**



**Students, do you know your PIN? Have you forgotten it over the summer?**

Now is the time to practice! Parents, help your children know their Pin (which is their student ID number) on the first day of school—it will really help speed up the lunch line so they will have more time to eat. Questions? Call 522-3700, x160

*Thank you for your help!*

FOR  
PRACTICE

Punch in your PIN and hit **"ENTER"**. If you make a mistake, hit the **C** (clear) button and start over.

1234567890			
			C
7	8	9	
4	5	6	
1	2	3	ENTER
0			



**Parents, have you checked out Café Prepay yet?**

If not, give it a try—log onto [www.cafeprepay.com](http://www.cafeprepay.com). You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also replenish your child's account via a credit card for a small on-line fee.

Questions? Call 522-3700, x160

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**We Appreciate Your Business!**

