



Menus for December 2010

Lynchburg
City
Schools
Elementary
Menu





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.

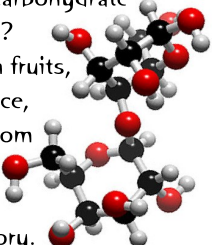
Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.

Non-discrimination Statement: 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, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity


THE SIMPLE TRUTH.

This is a model for a complex carbohydrate molecule. Pretty complex, huh?
"Complex" carbs, found in fresh fruits, vegetables, whole grains and rice, nuts, seeds, and beans come from nature. "Simple" carbs, like the sugars in soda and candy, are most often refined in a factory.
Can you guess which ones are healthier for you?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!





It's here again.....
1st Wednesday of December
Wild Wednesday Wellness Lunch!

➔

Look for the Red Wellness
T-Shirts on your cafeteria staff
and the Extra Tasty, Nutritious
Food on Your Lunch Tray!
Go Wild—Eat School Lunch!

Wed., December 1

Breakfast
Chicken Biscuit
"WWW" LUNCH
Lunch
Choice of One
Assorted Wedge Pizza
w/whole grain crust
Turkey & Cheese/ Bun
Sides
Fresh Leaf Lettuce Salad w/
Lots of Veggies/ dressing
Roasted Little Red Potatoes
Fresh Banana /Crackers

Thursday, December 2

Breakfast
Bacon Cheese Toaster

Lunch
Choice of One
Spaghetti w/ Meat Sauce
Cold Cuts w/cheese / Bun
Sides
Mixed Greens
Fresh or Canned Fruit
Garlic Toast(s)

Friday, December 3

Breakfast
Yogurt; Belly Bear Grahams

Lunch
Choice of One
Crispy Corn Dog
"Crown" Nuggets
Sides
Broccoli w/ cheese
Frozen Fruit Sherbet
Bakery Dinner Roll(s)

Monday, December 6

Breakfast
Breakfast Pizza
Fruit Cup

Lunch
Choice of One
Crispy Pork Chop / Bun
Cheeseburger / Bun
Sides
Corn and Limas
Fresh Veggies/ dip
Fresh or Canned Fruit
and Chocolate Chip Cookie

Tuesday, December 7

Breakfast
Cereal; Grahams

Lunch
Choice of One
Chicken Nuggets
Sliced Ham & Cheese
Sides
Creamy Mashed Potatoes
Green Peas
Fresh or Canned Fruit
Wheat Roll(s)

Wed., December 8

Breakfast
Egg & Cheese Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
PBj Uncrustable
Sides
Fresh Leaf Lettuce Salad
w/ dressing; Crackers
Hot Vegetable of choice
Seasonal Fresh Fruit

Thursday, December 9

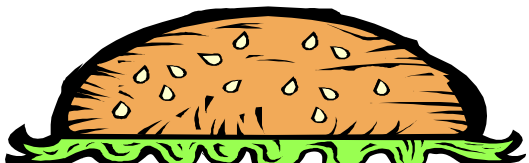
Breakfast
Sweet Potato Pancakes
w/ syrup; Fresh Fruit

Lunch
Choice of One
Steak & cheese / Bun
Chicken Fillet / Bun
Sides
Macaroni & Cheese
Fresh Steamed Cabbage
Fresh or Canned Fruit

Friday, December 10

Breakfast
Yogurt; Muffin

Lunch
Choice of One
Fish Fillet w/ cheese / Bun
Cold Cuts w/ cheese / Bun
Sides
Crispy 'Tater Tots'
Broccoli w/ cheese
Frozen Fruit Sherbet



NUTRITION TO GO

A substance in some foods called "beta carotene" can strengthen the immune system and may even help prevent cancer. Most orange foods, including carrots, cantaloupe, and sweet potatoes, are loaded with beta carotene. So are many dark leafy greens, like kale and spinach.

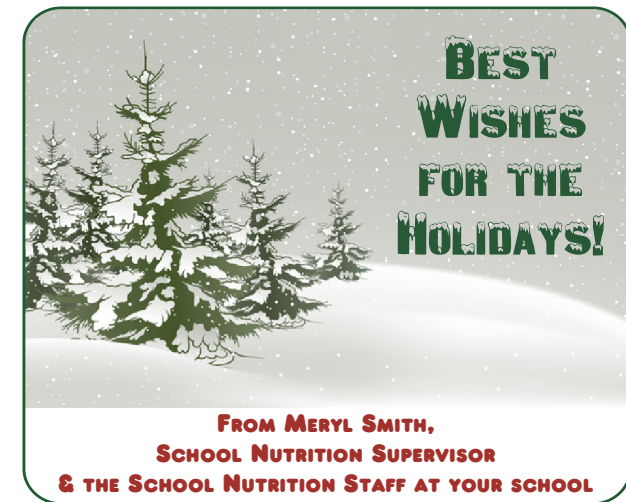
A TASTY MORSEL FOR PARENTS



If you have not yet logged on to Café Prepay, give it a try. Many of our parents are finding it to be a convenient and helpful resource for keeping their children's meal accounts current. If your child's meal account is in the negative, please cover the amount due before winter break.

Thank You!

[www.cafeprepay.com]



TUESDAY, DEC. 14

Monday, December 13

Breakfast

Breakfast Pizza

Fruit Cup

Lunch

Choice of One

Hot Dog/ Bun

With/without Chili

(It's back!) Texas BBQ
on Bun/ Delicious ☺

Sides

Baked Beans

Crunchy Cole Slaw

Fresh or Canned Fruit

Tuesday, December 14

Breakfast

Cereal; Grahams

Holiday Lunch

Choice of One

Winter Wonderland

Chicken Nuggets

Chicken Salad /Croissant

Sides

Fresh Baked Potato Half

Steamed Broccoli w/cheese

Fresh Seasonal Fruit

Wheat Roll(s)

with *Holiday Shaped Cookie*
And a *Holiday Surprise!*

Wed., December 15

Breakfast

Sausage Biscuit

Lunch

Choice of One

Assorted Wedge Pizza

PBJ Uncrustable

Sides

Fresh Leaf Lettuce Salad

w/ dressing; Crackers

Mixed Vegetables

Fresh or Canned Fruit

Thursday, December 16

Breakfast

Pancakes w/ syrup

**TOOT! FRUITI-VEGGIE
WEGGIE DAY!**

Lunch

Fresh Made

Chicken Vegetable Soup

Toasted Cheese Sandwich

**Fresh Fruit, Yogurt &
Granola Parfait**

(Choose Soup & Fruit Parfait
and get a *Tray Surprise!*)

Friday, December 17

Breakfast

Muffin; Fresh Banana

Lunch

Choice of One

Cheeseburger / Bun

Juicy Turkey Burger/ Bun

Sides

Oven Baked French Fries

Green Beans

Frozen Fruit Sherbet

Monday, December 20

Breakfast

Breakfast Pizza

Fruit Cup

Lunch

Choice of One

Crispy Pork Chop / Bun

Chicken Fillet / Bun

Sides

Corn and Black-eyed Peas

Fresh Veggies / dip

Fresh or Canned Fruit

Tuesday, December 21

Breakfast

School's Choice

Brunch for Lunch

Scrambled Eggs w/cheese

Turkey Bacon

Crispy Potato Coins

Fresh Orange Wedges

Fresh Baked Biscuit(s)

Wed., December 22

Breakfast

School's Choice

Early Dismissal

Lunch

PBJ Uncrustable

Or School's Choice

Vegetable of Choice

Fruit of Choice

Happy Holidays!

HOLD ON TIGHT!



**Last day of school:
Wed., December 22
Classes resume:
Tuesday, January 18**

We'll see you in 2011!