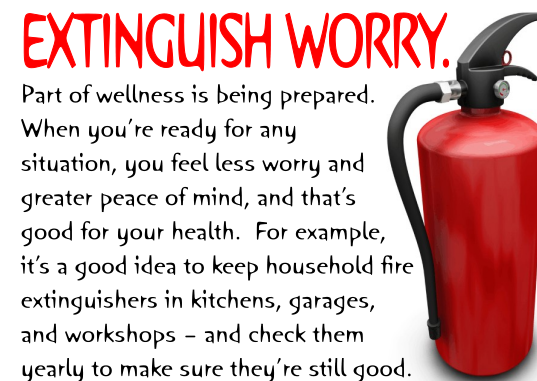


Lynchburg City Schools Elementary Menu



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

Tuesday, March 1

Breakfast
Cereal; Grahams

Lunch
Choice of One
Assorted Wedge Pizza
PBJ Uncrustable
Sides
Fresh Baby Carrots w/dip
Golden Corn
Fresh or Canned Fruit

Like to read?



*Don't keep it
under your hat!*

March 2 is Dr. Seuss's
Birthday & "Read
Across America" Day

Wed., March 2

Breakfast
Breakfast Pizza/ Fruit
Read Across America Day!
Lunch
Choice of One
ABC-123 Chicken Nuggets
Sliced Ham
Sides
Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Rolls
And ABC-123 Cookies!

Thursday, March 3

Breakfast
Sausage Biscuit

Lunch
Choice of One
Spaghetti w/Meat Sauce
Deli Meat w/cheese / Bun
Sides
Fresh Garden Salad w/dressing
Fresh Seasonal Fruit
Garlic Bread(s)

Friday, March 4

Breakfast
Yogurt; Muffin

Lunch
Choice of One
Fish Fillet / Bun
Texas BBQ / Bun
Sides
Oven Baked Fries
Cucumber Wheels w/ dip
Frozen Fruit Sherbet

MENU FACTS:

100% Fruit Juice is served with every Breakfast

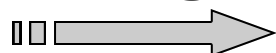
Low-Fat white & flavored milk is offered daily with
all school meals

"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.

NATIONAL SCHOOL BREAKFAST WEEK



YOU SHOULD DEFINITELY EAT BREAKFAST EVERY DAY
THIS WEEK!

AWESOME FOOD—AWESOME ENERGY
FANTASTIC NEW BREAKFAST ITEMS EVERY DAY!
FEED THE BRAIN—DO NOT TRY TO START YOUR
SCHOOL DAY WITHOUT BREAKFAST.

CHECK IT OUT!

MARCH 7—11, 2011

Monday, March 7

Breakfast 😊
Turkey Sausage
Breakfast Bagel;
Fruit Cup
Lunch
Choice of One
Hot Dog / Bun
With/ without Chili
Meatballs w/cheese / Bun
Sides
Baked Beans
Crunchy Cole Slaw / Fruit
And Choc. Chip Cookie

Tuesday, March 8

Breakfast 😊
Cereal; Grahams;
Fresh Banana

Lunch
Choice of One
Oven Fried Chicken
Manager's Choice
Sides
Creamy Mashed Potatoes
Peas and Carrots
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

Wed., March 9

Breakfast 😊
Egg Frittata;
Cheese Toast; Fresh Fruit

Lunch
Choice of One
NEW! Flatbread Pizza
PBJ Uncrustable
Sides
Fresh Garden Salad w/dressing
Hot Vegetable of Choice
Fresh or Canned Fruit

Thursday, March 10

Breakfast 😊
Sweet Potato Pancakes
w/ syrup; Turkey Bacon

Lunch
Choice of One
Beef Taco on soft shell
w/ cheese & shr. Lettuce
Turkey & Cheese Roll-Ups
Sides
Black Beans & Roasted Corn
Fresh Seasonal Fruit

Friday, March 11

Breakfast 😊
Blueberry Muffin;
Yogurt; Fresh Grapes

Lunch
Choice of One
Crispy Chicken Fillet/ Bun
Golden Corn Dog
Sides
Mixed Vegetables
Frozen Fruit Sherbet

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 13!**



Monday, March 14

Breakfast

Breakfast Pizza;
Fruit of choice

Lunch

Choice of One

☺ NEW Delicious Shredded
Turkey BBQ / Bun
Cheeseburger/ Bun

Sides

Crisp Potato Wedges
Broccoli w/cheese
Fresh or Canned Fruit

Tuesday, March 15

Breakfast

Cereal; Grahams

Lunch

Choice of One

Chicken Nuggets
Chicken Salad/ Croissant

Sides

Fresh Baked Potato
Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

Wed., March 16

Breakfast

Egg & Cheese Frittata

Lunch

☺ **Choice of One**

NEW! Juicy Grilled Chicken
Breast/ Bun w/lettuce & tomato
Turkey & Cheese / Bun

Sides

Salad w/Spinach & Fresh
Strawberries
Fresh Baked Sweet Potato
And Choc. Chip Cookie



MARCH 17
**Follow a Rainbow
to a Pot o' Gold!**

Thursday, March 17

Breakfast

Sweet Potato Pancakes
w/ syrup

Lunch

Choice of One

St. Patty's Day Pot O' Beef
Chili Beans
w/ Baked Tostitos

Cold Cuts w/ cheese/ Bun

Sides

Golden Pot o' Corn
"Shamrock" Fzn Fruit Dessert

Friday, March 18

Breakfast

Bacon Cheese Toaster
Fresh Grapes

Lunch

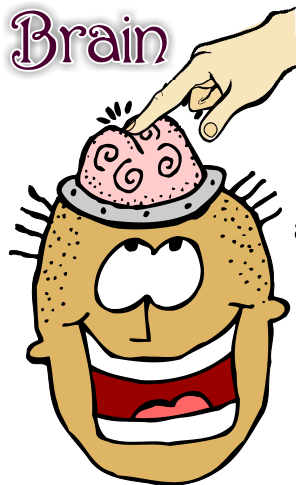
Choice of One

Assorted Wedge Pizza
PBJ Uncrustable

Sides

Cucumber Wheels w/ dip
Hot Vegetable of Choice
Frozen Fruit Sherbet

Brain



Ticklers

What's the only
thing in the world
that you can take
away the whole of
it and still have
some left?

(Hold the page upside
down and read it in a
mirror for the answer!)

The word "wholesome".

Monday, March 21

Breakfast

Turkey Sausage Breakfast
Bagel; Fruit

First Day of Spring!

Lunch

Choice of One
Crisp Chicken Fillet / Bun
Turkey & Cheese / Bun

Sides

Oven Baked Fries
Side Salad w/dressing
Fresh or Canned Fruit

Tuesday, March 22

Breakfast

Cereal; Grahams

Tutti Frutti-Veggie Weggie Day

☺ **Lunch**

Choice of One
Delicious Chicken Fajita
w/ Brown Rice
Sliced Ham

Sides

Broccoli w/ cheese
Fresh Seasonal Fruit
Warm Wholegrain Cornbread
And a Fun Surprise!

Wed., March 23

Breakfast

Sausage Biscuit

Lunch

Choice of One
NEW! French Bread Pizza
PBJ Uncrustable

Sides

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

Thursday, March 24

Breakfast

Cereal; Grahams
Fresh Banana

"Brunch for Lunch"

Sweet Potato Pancakes
w/syrup
Crisp Turkey Bacon
Yogurt

Fresh Seasonal Fruit Cup
100% Fruit Juice

Friday, March 25

Breakfast

Blueberry Muffin; Yogurt

Lunch

Choice of One
NEW! Asian Popcorn Chicken
Oven Roasted Chicken

Sides

Macaroni & Cheese
Green Beans
Frozen Fruit Sherbet
Bakery Dinner Rolls

Monday, March 28

Breakfast

Breakfast Pizza; Fruit

Lunch

Choice of One

Hot Dog/ Bun
With/without Chili
Beef Meatballs w/ Cheese / Bun

Sides

Baked Beans
Crunchy Cole Slaw
Fresh or Canned Fruit
And Choc. Chip Cookie

Tuesday, March 29

Breakfast

Cereal; Grahams

Lunch

Choice of One

Chicken Nuggets
Sliced Ham

Sides

Creamy Mashed Potatoes
"Fresh Frozen" Green Peas
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

Wed., March 30

Breakfast

Chicken Biscuit

***WILD WELLNESS
WEDNESDAY***

Lunch

Choice of One
Chef Salad with Turkey,
Ham, & Cheese w/ dressing
Turkey & Cheese / Bun

Sides

Oven Roasted Red Potatoes
Fresh Grapes
Crackers

Thursday, March 31

Breakfast

Sweet Potato Pancakes
w/syrup

Lunch

Choice of One
Spaghetti w/ Meat Sauce
Cold Cuts w/ cheese / Bun

Sides

Seasoned Mixed Greens
Golden Corn
Garlic Bread

Friday, April 1

Breakfast

Yogurt; Wholegrain
Belly Bears

Lunch

Choice of One
Fish Fillet / Bun
Crispy Corn Dog

Sides

Broccoli w/ cheese
Frozen Fruit Sherbet



**We
have
Moved!**

Wild Wellness Wednesday
Our "WWW" Lunch has moved
from the first Wednesday to the
last Wednesday of each month.
Look for our bright red T-Shirts in
your cafeteria and our Healthy,
Delicious Lunches..... and some
fun surprises too!