

MARCH MENU MADNESS

2011

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EXTINGUISH WORRY.

Part of wellness is being prepared. When you're ready for any situation, you feel less worry and greater peace of mind, and that's good for your health. For example, it's a good idea to keep household fire extinguishers in kitchens, garages, and workshops - and check them yearly to make sure they're still good.

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

Lynchburg City Schools Elementary Menu

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

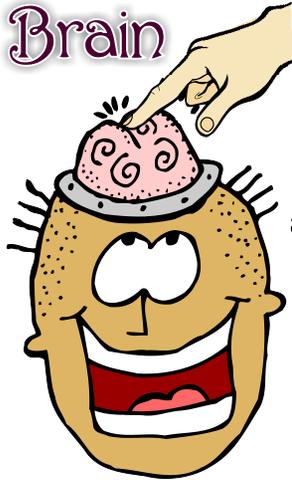
☘ **Lunch**
Choice of One
St. Patty's Day Pot O' Beef
Chili Beans
w/ Baked Tostitos
Cold Cuts w/ cheese/ Bun
Sides
Golden Pot o' Corn
"Shamrock" Fzn Fruit Dessert

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!