


Menus for May & June, 2010



Lynchburg City Schools Elementary Menu

Monday, May 3	Tuesd, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
Breakfast Breakfast Pizza Lunch Choice of One Cheeseburger /Bun Turkey & cheese / Bun Sides Crispy Steak Fries Petite Baby Carrots w/ Ranch Dip Fresh or Canned Fruit	 NO SCHOOL LOCAL ELECTION DAY	Breakfast Pork Chop Biscuit Lunch Choice of One Assorted Wedge Pizza PBJ Uncrustable Sides Fresh Garden Salad w/dressing Hot Vegetable Fresh or Canned Fruit Crackers	Breakfast Ham Roll Fruit of Choice <i>"Mother's Day Lunch"</i> Choice of One Oven Fried Chicken BBQ Rib Strips Sides Mashed Potatoes Broccoli w/cheese Fresh or Canned Fruit Wheat Roll(s) & Fresh Baked Brownie	Breakfast Yogurt; Grahams Lunch Choice of One Fish Fillet w/cheese / Bun Deli Combo w/cheese / Bun Sides Golden Corn Frozen Fruit Sherbet

Monday, May 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
Breakfast Breakfast Pizza Lunch Choice of One Chicken Fillet /Bun Turkey & cheese / Bun Sides Fresh Baked Potato Side Salad w/dressing Fresh or Canned Fruit Crackers	Breakfast Cereal; Grahams 1/2 Fresh Banana Lunch Choice of One Chicken Nuggets Sliced Ham & Cheese Sides Fluffy Mashed Potatoes Seasoned Green Beans Fresh or Canned Fruit Wheat Roll(s)	Breakfast Chicken Biscuit Lunch Choice of One Assorted Wedge Pizza PBJ Uncrustable Sides Fresh Garden Salad w/dressing Hot Vegetable Fresh or Canned Fruit Crackers	Breakfast 2 Blueberry Pancakes Fresh Seasonal Fruit Lunch Choice of One Beef Taco/soft shell BBQ Rib Strips Wrap Sides Golden Corn Fresh Cucumbers with dip New! Orange-Ice Cup	Breakfast Yogurt; Muffin Lunch Choice of One Crispy Corn Dog Fish Sticks with toasted bread Sides Macaroni & Cheese Broccoli Fresh or Canned Fruit

Mother's Day

Mothers and Grandmothers are invited to join their children on **Thursday, May 6** for a special "Mother's Day" lunch. Please be sure to notify your school cafeteria so we may better prepare for you. Adult Meal—\$2.25, Visiting Child's Meal—\$1.40

School Nutrition Employee Week
May 3-7, 2010

A special "Thank You" to our hardworking, caring, & devoted School Nutrition employees.
Let them know you are thinking of them!

Parents,

- All meal account balances are carried forward to the next school year.
- Please remember to clear any charges that may be on your child's account.
- If you have not yet checked out Café Prepay, give it a try—be sure your child's account balance will cover meals and snacks through the end of the school year.
- Call the School Nutrition Office if you have any questions. 522-3700, x160

Thank you!



www.cafeprepay.com

Monday, May 17	Tuesday, May 18	Wed., May 19	Thursday, May 20	Friday, May 21
Breakfast Breakfast Pizza Lunch Choice of One Hot Dog /Bun With/without Chili Turkey & cheese / Bun Sides Baked Beans Fresh Veggies w/dip Fresh or Canned Fruit	Breakfast Cereal; Grahams Lunch Choice of One Chicken & Rice Sliced Ham & Cheese Sides Mashed Potatoes Seasoned Green Peas Fresh or Canned Fruit Wheat Roll(s) and Bag of Cookies	Breakfast Pork Chop Biscuit Lunch Choice of One Assorted Wedge Pizza PBJ Uncrustable Sides Fresh Garden Salad w/dressing Hot Vegetable Fresh or Canned Fruit Crackers	Breakfast Yogurt; Muffin Lunch Choice of One Spaghetti w/Meat Sauce Manager's Choice Sides Broccoli w/cheese Fresh or Canned Fruit Garlic Toast	Breakfast Ham Roll Fruit cup Lunch Choice of One Chicken Fillet / Bun Ham & Cheese / Bun Sides Golden Corn Black-eyed Peas Frozen Fruit Smoothie

Monday, May 24

Breakfast

Breakfast Pizza

Lunch

Choice of One
Cheeseburger /Bun
Turkey & cheese / Bun

Sides

Crispy Steak Fries
Petite Baby Carrots
w/ Ranch Dip
Fresh or Canned Fruit

Tuesday, May 25

Breakfast

Cereal; Grahams
1/2 Fresh Banana

Lunch

Choice of One
Oven Fried Chicken
Sliced Ham & Cheese

Sides

Fluffy Mashed Potatoes
Seasoned Green Beans
Fresh or Canned Fruit
Wheat Roll(s)

Wed., May 26

Breakfast

Meat Biscuit

Lunch

Choice of One
Assorted Wedge Pizza
PBj Uncrustable

Sides

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

Thursday, May 27

Breakfast

Toasted Cheese Sandwich
Fruit Cup

Brunch for Lunch

2 Blueberry Pancakes
w/ syrup
Sliced Ham
Yogurt
Crispy Potato Coins
Baked Apples

Friday, May 28

Breakfast

Cereal; Grahams

Lunch

Choice of One
Crispy Corn Dog
Manager's Choice

Sides

Macaroni & Cheese
Broccoli
Frozen Fruit Smoothie

Menu Facts:

"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.

100% Juice is offered each day with Breakfast.

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

Menus are subject to change without notice.

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, disability or retaliation. If you require this information in alternative format (Braille, large print, audiotape) contact the USDA TARGET Center at (202)720-2600 (voice or TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (866) 877-8339(TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



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

Monday, May 31



No School Today

Tuesday, June 1

Breakfast

Breakfast Pizza

Lunch

Choice of One
Pork Chop /Bun
Turkey & cheese / Bun

Sides

Baked Potato
Steamed Cabbage
Choc. Chip Cookie

Wed, June 2

Breakfast

Ham Roll

Lunch

Choice of One
Assorted Wedge Pizza
PBj Uncrustable

Sides

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

Thursday, June 3

Breakfast

Cereal; Grahams

Lunch

Choice of One
Oven Roasted Chicken
Sliced Ham & Cheese

Sides

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

Friday, June 4

Breakfast

Yogurt; Muffin

Lunch

Choice of One
Crispy Corn Dog
Manager's Choice

Sides

Macaroni & Cheese
Broccoli
Frozen Fruit Smoothie

Monday, June 7

Breakfast

School's Choice

Lunch

Choice of One
Pork Chop /Bun
Turkey & Cheese / Bun

Sides

French Fries
Fresh Veggies w/ dip
School Treat

Tuesday, June 8

Breakfast

School's Choice

Lunch

Deli Sandwich of
Choice
Veggie of choice
Fresh or Canned Fruit

1/2 Day
Early Dismissal

Wed., June 9

Breakfast

School's Choice

Lunch

Pizza Wedge
Garden Salad
w/ dressing
Frozen Fruit Cup

1/2 Day
Early Dismissal

Thursday, June 10

Breakfast

School's Choice

Lunch

Crispy Corn Dog
Or Manager's Choice
Veggie of choice
Frozen Fruit Cup

1/2 Day
Early Dismissal

Try not to grow up too fast on us.

The school year probably seems like it takes forever to you. But to your parents (and to us), it seems like you're a baby one day and all grown up the next. If you're moving on to a new school next year, good luck. If not, we'll see you back here in a couple of months. But, either way, please do us a favor this summer: try to enjoy just being a kid. Because before you know it, a grown-up will be staring back at you from the mirror!

