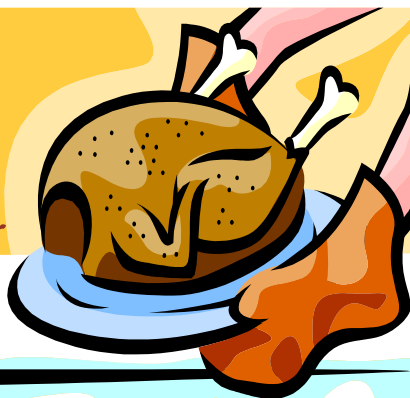


Menus for
November 2010



Lynchburg City Schools Elementary Menu

Monday, November 1

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One

Crispy Chicken Fillet / Bun
Ham & Cheese / Bun

Sides

Fresh Baked Potato Half
Side Salad w/ dressing
Fresh or Canned Fruit

Tuesday, November 2



No School Today

Make sure your family votes!

Wednesday, November 3

Breakfast

Cereal; Grahams

"WWW" Lunch

Choice of One

Oven-Roasted Chicken
Turkey w/cheese / Bun

Sides

Roasted Little Red Potatoes
Fresh Veggies w/ Ranch Dip
Fresh Baked Wheat Roll(s)
Warm Apple Crisp

It's here again.....

1st Wednesday of the Month

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!



WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



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

Thursday, November 4

Breakfast

Egg & Cheese Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
Cold Cuts w/ cheese / Bun

Sides

Fresh Tossed Salad w/ dressing
Hot Vegetable
Fresh or Canned Fruit

Friday, November 5

Breakfast

Yogurt; Belly Bear Grahams

Lunch

Choice of One

Crispy Corn Dog
Meatballs w/ cheese

Sides

Oven Baked French Fries
Broccoli w/ cheese
Frozen Sherbet
Garlic Toast(s)

VA Farm-to-School Week
November 8—12, 2010



Proud Partners with
"Lynchburg Grows"

For local foods grown in our own city

Monday, November 8

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One

All Beef Hot Dog / Bun
With/without Chili
Turkey & Cheese / Bun

Sides

Corn on Cob
Fresh made Cabbage Slaw
Fresh Va. Apple
And Choc Chip Cookie

Tuesday, November 9

Breakfast

Cereal; Grahams

Lunch

Choice of One

Royal Crowns
Chicken Nuggets
Sliced Ham w/cheese

Sides

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



Wednesday, November 10

Breakfast

Chicken Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
Cold Cuts w/cheese / Bun

Sides

Garden Salad w/ spinach & fresh Va. Sweet Peppers w/ dressing / Crackers
Hot Vegetable
Fresh or Canned Fruit

Thursday, November 11

Breakfast

Sweet Potato
Mini Pancakes w/ syrup

Lunch

Fresh-Made Vegetable Soup

PBJ Uncrustable
"Whole Fruit" frozen
Premium Juice Bar



Friday, November 12

Breakfast

Yogurt; Blueberry Muffin

Early Dismissal Day

Half day for Students

Grab & Go Lunch

Crispy Corn Dog
Petite Baby Carrots
Bag of Fresh Apple Slices
Belly Bears

American Education Week

November 15—19, 2010

Great Public Schools: A Basic Right and Our Responsibility

During this special week School Nutrition recognizes the tremendous role teachers play in providing quality public education for all American children so they can grow, prosper, & achieve in the 21st century.



Thank you Teachers!

(Look for your meal flyer)



Monday, November 15

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One

Tender Steak & Cheese / Bun
Honey BBQ Rib / Bun

Sides

Macaroni & Cheese
Fresh Steamed Cabbage
Fresh Orange Wedges
and Chocolate Chip Cookie

Tuesday, November 16

Breakfast

Cereal; Grahams

Lunch

Choice of One

Oven Fried Chicken
Slice Ham w/ cheese

Sides

Creamy Mashed Potatoes
Honey Glazed Fresh Carrots
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wednesday, November 17

Breakfast

Sausage Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
Chicken Salad Croissant

Sides

Corn on Cob
Broccoli w/cheese
and
Strawberry Shortcake



Thursday, November 18

Breakfast

Pancakes w/ syrup

Tooti Fruiti-Veggie Weggie Day

Lunch

Choice of One

Mixed Greens Chef Salad w/
Ham, Turkey, & Cheese w/dressing
Crispy Fish Fillet

Sides

Fresh Baked Potato Half
Fresh Fruit, Yogurt &
Granola Parfait
Cheesy Bread / *Tray Surprise*

Friday, November 19

Breakfast

Yogurt; Belly Bear
Grahams

Lunch

Choice of One

Beef Chili with
Tostitos Baked Scoops
Turkey & Cheese/ Bun

Sides

Fresh Cucumbers & Grape
Tomatoes w/ dressing
Frozen Fruit Sherbet
Garlic Toast(s)

Monday, November 22

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One

Assorted Wedge Pizza
Cheeseburger / Bun

Sides

Side Salad w/ dressing
Black-eyed Peas & Corn
Fresh or Canned Fruit

Tuesday, November 23

Breakfast

Cereal; Grahams

Holiday Lunch

Choice of One

Delicious Turkey & Gravy
Slice Ham w/ cheese

Sides

Creamy Whipped Potatoes
Steamed Broccoli w/cheese
Baked Apples
Fresh Baked Wheat Roll(s)
and Holiday Cake



Tuesday, Nov. 23

Wednesday, November 24

Breakfast

Yogurt; Muffin

Lunch

Choice of One

Crispy Corn Dog
PBJ Uncrustable

Sides

Oven Baked "Tater Tots"
Petite Baby Carrots w/dip
Frozen Fruit Sherbet

Wishing All a Happy
Holiday with Family &
Friends



Nutritious News—Nov. 18th

"Tooti Fruiti-Veggie Weggie Day"

Time again to enjoy another
Tooti-Fruiti-Veggie Weggie Day!
Our Chef Salad is full of meats, cheese, & a
crisp variety of fresh lettuce. Choose a Fresh
Baked Potato and the Fruit & Yogurt Parfait
and you will receive a fun "Tray Surprise".



Join the Fun

Try new Foods



Get Rewards!

BRAIN FOOD. MIND GAMES.



It all works together. When you eat
right and get a lot of physical
activity, you feel better **AND** you
learn better. Kids who are more fit
pay attention better in class and score
higher on tests. When your body's in
good shape, your brain benefits, too!

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

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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
provider and employer.

Monday, November 29

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One

Hot Dog/ Bun
w/wo Chili
Beef Meatballs w/cheese/ Bun

Sides

Baked Beans
Fresh Made Cole Slaw
Fresh or Canned Fruit
and Choc. Chip Cookie

Tuesday, November 30

Breakfast

Cereal; Grahams

Brunch for Lunch

Sweet Potato Mini Pancakes
w/ syrup
Egg with Sausage Pattie
Crisp Potato Coins
Fresh Orange Wedges



Wednesday, December 1

Breakfast

Chicken Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
Cold Cuts w/cheese / Bun

Sides

Fresh Garden Salad w/
Spinach and dressing
Corn & Limas
Fresh or Canned Fruit
Crackers

Thursday, December 2

Breakfast

Bacon Cheese Toaster

Lunch

Choice of One

Spaghetti w/ Meat Sauce
Turkey & Cheese / Bun

Sides

Mixed Greens
Seasonal Fresh Fruit
Toasted Garlic Bread(s)

Friday, December 3

Breakfast

Yogurt; Belly Bear
Grahams

Lunch

Choice of One

Crispy Corn Dog
"Crown" Nuggets



Sides

Broccoli w/ cheese
Frozen Sherbet
Bakery Dinner Roll(s)