


**LYNCHBURG CITY SCHOOLS ELEMENTARY MENU**

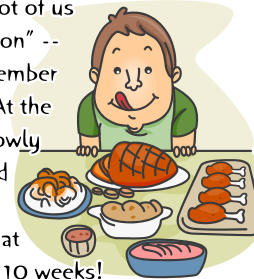
USDA is an equal opportunity provider and employer. Menus are subject to change.

**MENU FACTS:**  
 Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.  
 100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast  
 "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.



**Season's Gr(EAT)ings.**

Overeating spikes for a lot of us during the "holiday season" -- which now starts in November and runs into January! At the BIG events, try to eat slowly and enjoy your food, and be aware of the steady unconscious snacking that also spikes during these 10 weeks!



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



**Word Play**

Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word "winter," is 5,000 years old, and "summer" is a pretty old word, too. The word "spring" was in general use by the 1400's, and "autumn" is a Latin word that also entered English around 1400. "Fall" came into use as a complement to "spring" in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with "autumn" while their distant cousins preferred "fall." And that's why, to this day, this is the only season we have two words for!

Monday, November 2	Tuesday, November 3	Wednesday, November 4	Thursday, November 5	Friday, November 6
<p>Professional Development Day</p> <p>Students do not Attend</p>	<p>Professional Development Day</p> <p>Students do not Attend</p>	<p><b>Breakfast</b> Cereal; Grahams; Fruit</p> <p><b>Lunch</b> Assorted Pizza Or PBJ Jamwich Fresh Romaine Salad With Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices</p>	<p><b>Breakfast</b> Flapstick; Fruit of Choice</p> <p><b>Lunch</b> Taco Meat w/cheese on Soft Shell Or Meat &amp; Cheese Roll-Up; Refried Beans w/ cheese Steamed Broccoli Assorted Fruit Choices</p>	<p><b>Breakfast</b> Yogurt; Muffin; Fruit</p> <p><b>Lunch</b> Chicken Fillet/ Bun Or Potato Crusted Fish Fillet/ Bun; Fresh Baked Potato Half Glazed Carrots Assorted Fruit Choices</p>
<p><b>Monday, November 9</b></p> <p><b>Breakfast</b> Cereal; Grahams; Fruit</p> <p><b>Lunch</b> Hot Dog/ w/wo Chili Or Beef Meatballs w/cheese Both on Hot Dog Bun Home-style Baked Beans Crunchy Cole Slaw Assorted Fruit Choices</p>	<p><b>Tuesday, November 10</b></p> <p><b>Breakfast</b> Egg &amp; Cheese Quesadilla; Fruit</p> <p><b>Lunch</b> Chicken Nuggets or Sliced Ham Creamy Sweet Potatoes Turnip Greens Assorted Fruit Choices Fresh Baked Wheat Roll</p>	<p><b>Wednesday, November 11</b></p> <p><b>Breakfast</b> Chicken on Twister Roll Fruit of Choice</p> <p><b>Lunch</b> Assorted Pizza Or Deli Sandwich Garden Salad With Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices</p>	<p><b>Thursday, November 12</b></p> <p><b>Breakfast</b> Flapstick; Fruit</p> <p><b>Brunch for Lunch</b> Cheesy Scrambled Eggs Yogurt Or Chicken Patty Or PBJ Jamwich Crisp Potato Coins Carrot &amp; Celery Sticks Applesauce Warm Breadstick</p>	<p><b>Friday, November 13</b></p> <p><b>Breakfast</b> Cereal; Grahams; Fruit</p> <p><b>Lunch</b> Chicken Fillet / Bun Or Spicy BBQ Rib/ Bun French Fries Seasoned Green Beans Assorted Fruit Choices Fresh Baked Cookie</p>



**American Education Week  
November 16—20, 2015**

Parents, be sure to check out the many events planned for this special week at your child's school.



**Monday, November 16**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Cheeseburger/ Bun Or  
Or Honey BBQ Rib/ Bun  
Lettuce, Tomato, Onion  
Crisp Potato Wedges  
Steamed Broccoli w/ cheese  
Assorted Fruit Choices

**Tuesday, November 17**

**Breakfast**

Yogurt; Muffin; Fruit

**Lunch**

Beef Chili w/ Beans and  
"Tostitos" Baked Scoops  
Or Chipotle Chicken with  
Dinner Roll  
Golden Corn  
Fresh Steamed Cabbage  
Ice Juice Cup

**Wednesday, November 18**

**Breakfast**

Pillsbury Pancakes; Fruit

**Lunch**

Assorted Pizza Or  
Chicken Fajita w/ cheese  
Fresh Garden Salad  
With Cherry Tomatoes  
Black-eyed Peas  
Assorted Fruit Choices

**Thursday, November 19**

**Breakfast**

Flapstick; Fruit

**Lunch**

Fresh Made Chicken  
Salad on Croissant Or  
Crisp Pork Chop / Bun  
Fresh Baked Potato Half  
Seasoned Green Beans  
Fresh Seasonal Fruit  
Chocolate Chip Cookie

**Friday, November 20**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Shredded Pork BBQ on  
Flatbread Or  
Italian Meats & Cheese  
on Flatbread  
Creamy Sweet Potatoes  
Crunchy Cole Slaw  
Assorted Fruit Choices

**Monday, November 23**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Assorted Pizza Or  
PBj Jamwich  
Fresh Veggies w/ dip  
Golden Corn  
Assorted Fruit Choices

**Tuesday, November 24**

**Breakfast**

School's Choice Bkf.

**Thanksgiving Lunch**

Crisp Oven Fried Chicken  
Or Chicken Tenders  
Creamy Mashed Potatoes  
Seasoned Green Beans  
Baked Apples with  
Whipped Topping  
Fresh Baked Wheat Roll

**Wednesday, November 25**

*No School*

*Enjoy your  
Thanksgiving  
Holiday!*



**Monday, November 30**

**Breakfast**

Cereal; Grahams; Fruit

**Lunch**

Hot Dog/ w/wo Chili Or  
Beef Meatballs w/cheese  
Both on Hot Dog Bun  
Home-style Baked Beans  
Crunchy Cole Slaw  
Assorted Fruit Choices




**Occasional fast food meals don't have to be unhealthy. Choose the smallest burger instead of the biggest. Go for mustard rather than ketchup or mayo. Skip the gooey sauces and get lettuce, tomato, onion, and pickle instead. Look for grilled options instead of breaded and/or fried. And if you must have fries, savor a small order.**




Don't Forget, use "My School Bucks" to place money on your children's accounts for meals and/or those "extra treats" they enjoy.

Never Any Fees!  
[myschoolbucks.com](http://myschoolbucks.com)

**OUR NATION'S HISTORY**



**I**n the days before our country was established and even before the English landed at Plymouth Rock, the Algonquian people who lived in today's New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier - there was ZERO added sugar in their diets.



**WITH LIBERTY & JUSTICE FOR ALL**