

# Menus for September 2010



**Remembering  
our Heroes on  
September 11,  
and showing  
our support  
for them  
all year  
round.**

**LYNCHBURG CITY ELEMENTARY SCHOOLS**

## ★ OUR NATION'S HISTORY ★

The first Monday in September became a National Holiday more than a century ago. Today, we might think of it as the last day of summer fun or maybe the



beginning of football season. But we should never forget the workers who this holiday was created to honor – like the men in this classic 1930's picture, building skyscrapers in New York, and like millions of men and women today. Happy Labor Day!

★ WITH LIBERTY & JUSTICE FOR ALL ★

**Wednesday, Sept. 1**

### **Breakfast**

Chicken Biscuit

### **Lunch**

*Wild Wednesday Wellness*

### **Choice of One**

Juicy Turkey Burger/ Bun  
Toasted Cheese Sandwich  
w/ bag of "Pepitas"

### **Sides**

Sliced Tomato & Lettuce  
Fresh Baked Sweet Potato

### **Watermelon**

ABC (whole grain) Cookies

**Don't forget!  
1st Wednesday  
of Each Month**



**WILD  
WEDNESDAY  
WELLNESS**



Be sure to check out your Cafeteria Staff. The 1st Wednesday of every month, you will see them in their Red "Wellness" T-Shirts serving up your "Wild Wednesday Wellness" menu. **YUM!**



**Thursday, Sept. 2**

### **Breakfast**

Blueberry Pancakes;  
Applesauce

### **Lunch**

### **Choice of One**

BEEF Taco on Soft Shell  
w/shr. Cheese & Tomatoes  
Crispy Pork Chop / Bun

### **Sides**

Golden Corn  
California Blend Veggies  
Fresh or Canned Fruit

**Friday, Sept. 3**

### **Breakfast**

Yogurt; Grahams

### **Lunch**

### **Choice of One**

Assorted Wedge Pizza  
PBJ Uncrustable  
....With String Cheese

### **Sides**

Fresh Garden Salad  
With baby Spinach  
& Shr. Carrots w/ dressing  
Frozen Fruit Sherbet

**Monday, Sept. 6**



**No School**

**Tuesday, Sept. 7**

### **Breakfast**

Cereal & Grahams



### **Lunch**

### **Choice of One**

Dinosaur Chicken Nuggets  
Ham & Cheese

### **Choices**

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



**Wednesday, Sept. 8**

### **Breakfast**

Sausage Biscuit

### **Lunch**

### **Choice of One**

Assorted Wedge Pizza  
Cold Cuts w/ cheese / Bun

### **Choices**

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

**Thursday, Sept. 9**

### **Breakfast**

Sweet Potato Pancakes  
w/ syrup; Fresh Fruit

### **Brunch for Lunch**

Scrambled Eggs  
Sausage (or Chicken) Pattie  
Crispy Potato Coins  
Baked Apples  
Fresh Baked Biscuit(s)



**Friday, Sept. 10**

### **Breakfast**

Yogurt; Muffin

### **Lunch**

### **Choice of One**

**Fresh-Made** 😊  
**Chicken Salad**  
Crispy Corn Dog

### **Sides**

Macaroni & Cheese  
Sliced Cucumbers and  
Grape Tomatoes w/ dip  
Strawberry Cup / Crackers

**Monday, Sept. 13**

### **Breakfast**

Breakfast Pizza  
Fresh Fruit

### **Lunch**

### **Choice of One**

Crispy Pork Chop / Bun  
Turkey & Cheese / Bun

### **Sides**

Cheesy Pintos  
Sl. Fresh Tomato & Lettuce  
Mixed Fruit Cup  
And Chocolate Chip Cookie

**Tuesday, Sept. 14**

### **Breakfast**

Cereal & Grahams

### **Lunch**

### **Choice of One**

Oven Fried Chicken  
Sliced Ham

### **Choices**

Creamy Whipped Potatoes  
California Blend Veggies  
Fresh or Canned Fruit  
Wheat Dinner Roll(s)

**Wednesday, Sept. 15**

### **Breakfast**

Egg & Cheese Biscuit

### **Lunch**

### **Choice of One**

Assorted Wedge Pizza  
PBJ Uncrustable  
w/string cheese

### **Choices**

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

**Thursday, Sept. 16**

### **Breakfast**

Blueberry Pancakes w/syrup  
Fresh Fruit

***Tooti-Fruiti Veggie Weggie!***

### **Lunch**

### **Choice of One**

Spaghetti w/ Meat Sauce  
Cold Cuts w/ cheese / Bun

### **Sides**

Fresh Seasoned  
Collard Greens  
Fresh Rainbow Fruit Cup  
Fresh Garlic Bread(s)

**Friday, Sept. 17**

### **Breakfast**

Bacon Cheese Toaster

### **Lunch**

### **Choice of One**

Crispy Corn Dog  
Fish Fillet & Cheese / Bun

### **Sides**

Crispy Potato Wedges  
Broccoli w/ cheese  
Frozen Fruit Sherbet

## **Nutritious News -Sept. 16th**

### **"Tooti Fruiti-Veggie Weggie Day"**

Be sure to eat lunch on Thursday, 9/16. We are offering our first Tooti-Fruiti-Veggie Weggie Lunch! Try our **FRESH** Vegetable and our **FRESH** Fruit that day and you will receive a fun Surprise!

**Join the Fun  
Try new Foods  
Get Rewards!**



Monday, Sept. 20

**Breakfast**

Breakfast Pizza  
Fresh Fruit

**Lunch**

**Choice of One**

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

**Sides**

Crispy "Tater Tots"  
Fresh made Cole Slaw  
Mixed Fruit Cup  
And Chocolate Chip Cookie

Tuesday, Sept. 21

**Breakfast**

Cereal & Grahams

**Lunch**

**Choice of One**

Chicken Nuggets  
Sliced Ham

**Choices**

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

Wednesday, Sept. 22

**Breakfast**

Chicken Biscuit

**Lunch**

**Choice of One**

Assorted Wedge Pizza  
PBJ Uncrustable

**Choices**

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

Thursday, Sept. 23

**Breakfast**

Sweet Potato Pancakes w/  
syrup; Fresh Fruit

**Lunch**

**Choice of One**

Beef Taco / Soft Shell  
w/ cheese, tomato & lettuce  
Cold Cuts w/ cheese / Bun

**Sides**

Golden Corn  
Sl. Cucumbers and  
Grape Tomatoes w/ dip  
Fresh or Canned Fruit

Friday, Sept. 24

**Breakfast**

Yogurt; Grahams

**Lunch**

**Choice of One**

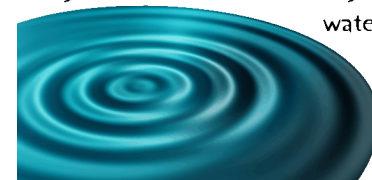
Chicken Fillet/ Bun  
Ham & Cheese / Bun

**Sides**

Fresh Baked Potato Half  
Broccoli w/ cheese  
Frozen Fruit Sherbet

# RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the



day, and try to make a habit of choosing water instead of soda.

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

## MENU FACTS:

Choice of milk served with all complete meals:  
Skim & 1% white and flavored milk

100% Fruit Juice is served with every Breakfast.  
Cereal is available every day.



"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.



Monday, Sept. 27

**Breakfast**

Breakfast Pizza  
Fresh Fruit

**Lunch**

**Choice of One**

Crispy Pork Chop / Bun  
Turkey & Cheese / Bun

**Sides**

Fresh Potato Wedges  
w/cheese  
Fresh Baby Carrots w/dip  
Mixed Fruit Cup

Tuesday, Sept. 28

**Breakfast**

Cereal & Grahams

**Lunch**

**Choice of One**

Oven Roasted Chicken  
Sliced Ham

**Choices**

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

Wednesday, Sept. 29

**Breakfast**

Sausage Biscuit

**Lunch**

**Choice of One**

Assorted Wedge Pizza  
PBJ Uncrustable

**Choices**

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

Thursday, Sept. 30

**Breakfast**

Sweet Potato Pancakes w/  
syrup; Fresh Fruit

**Lunch**

**Choice of One**

Chicken Fajita w/ Rice  
Cold Cuts w/ cheese / Bun

**Sides**

Broccoli w/cheese  
Pineapple Tidbits  
And Choc. Chip Cookie

Friday, October 1

**Breakfast**

Yogurt; Muffin

**Lunch**

**Choice of One**

Crispy Corn Dog  
Fish Fillet & Cheese / Bun

**Sides**

Baked Beans  
Mixed Vegetables  
Frozen Fruit Sherbet

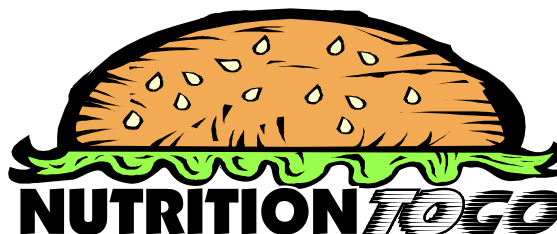


**Parents, have you  
checked out  
Café Prepay yet?**

If not, give it a try—log onto  
[www.cafeprepay.com](http://www.cafeprepay.com). You may view your  
child's account balance and obtain a 30 day  
print out of your child's activity at no cost. You  
may also replenish your child's account via a  
credit card for a small on-line fee.

Questions? Call 522-3700, x160

[www.cafeprepay.com](http://www.cafeprepay.com)



**Beans contain far more protein than any  
other plant food -- on average, 20% to 30%  
of the calories in beans come from protein.  
And beans deliver this outstanding protein  
pay-off in a package that's high in vitamins,  
minerals, and fiber, but low in calories and  
virtually free of fat and cholesterol!**

**A TASTY MORSEL FOR PARENTS**

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**We Appreciate  
Your Business!**

