

Menus for April 2014

Lynchburg City
Schools
Elementary
Menu



Tuesday, April 1

Breakfast

WG Breakfast Square with
Turkey Sausage;
Applesauce

Lunch

Popcorn Chicken Or
Manager's Choice Entree
Mashed Sweet Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

April Fool's Day! 😊

Wednesday, April 2

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Beef Taco w/ soft shell,
Gr. Cheese, Shr. Lettuce
Or Deli Combo Meat &
Cheese Roll-Up
Fresh Fzn. Golden Corn
Southwest Fiesta Beans
Assorted Fruit Choices

Thursday, April 3

Breakfast

Egg, Canadian Ham, &
Cheese Biscuit

Lunch

Assorted Pizza Or
PBj Jamwich
Fresh Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Friday, April 4

Breakfast

French Toast;
Fruit of Choice

Lunch

Potato Crusted Fish Fillet
Or Crisp Pork Chop
Wheat Bakery Roll
Crisp Potato Wedges
Broccoli w/ cheese
Assorted Fruit Choices

WORLD'S GREATEST APRIL FOOL'S TRICKS!



On the morning of April 1, 1974, citizens of Sitka, Alaska awoke to find Mount Edgecumbe, the long-dormant volcano that looms over their town, belching black smoke! *Was the volcano suddenly coming to life?! NO!!!* A local prankster and his buddies had helicoptered a bunch of old tires into the crater and then set them ablaze. When a Coast Guard plane flew over the smoldering cauldron, the pilot saw the words *"APRIL FOOL"* stomped out in the snow!

Monday, April 7

Breakfast

WG Breakfast Square with
Turkey Sausage;
Applesauce

Lunch

Chicken Fillet / WG Bun Or
Turkey & Cheese/ WG Bun
Baked Beans
Fresh Veggies w/ dip
Assorted Fruit Choices

Tuesday, April 8

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Teriyaki Chicken Strips
with Brown Rice Or
Manager's Choice Entrée
Broccoli w/ cheese
Steamed Carrots
Assorted Fruit Choices
Chocolate Chip Cookie

Wednesday, April 9

Breakfast

Egg Quesadilla; Box of
Raisins

Lunch

Spaghetti w/ Meat Sauce
Or Sliced Turkey w/Gravy
Turnip Greens
Fresh Fzn. Corn
Yogurt Fruit Salad w/
Fresh Chopped Apples
Garlic Toast

Thursday, April 10

Breakfast

Sausage Biscuit

Lunch

Pizza Cheese Sticks w/
Marinara Sauce Or
PBj Jamwich
Fresh Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Friday, April 11

Breakfast

School's Choice Buffet

Lunch

Honey BBQ Rib/ WG Bun
Or Manager's Choice Entrée
Baked French Fries
Vegetables of Choice
Fruit/Veggie 'Dragon' Juice

Enjoy your Spring Break!



Now Appearing . . .

SPRING BREAK!

A FUN!FUN!FUN! PRODUCTION. STARRING YOU AND YOUR FRIENDS. SPECIAL LIMITED ENGAGEMENT.

Break begins at the end of classes:

Friday, April 11

Classes resume:

Monday, April 21



IMPORTANT NEWS FOR PARENTS: Kids are choosing -- and eating -- more fruits and veggies for lunch at school!

Over the last two school years, we've been putting more fruits and veggies on kids' plates for school lunch. You may recall seeing the **"DON'T4GET!"** campaign we're using to promote the new guidelines for our meals, which (among other changes)

require kids to take at least one -- and preferably more than one -- fruit or veggie with each day's lunch. Well, **the changes appear to be working!** A new study published in the *American Journal of Preventive Medicine* found that **76% of kids selected fruit for lunch** (compared to 52.7% before the change) and **41% of kids included a vegetable choice** (compared to 24.9% before). Best of all, the study found no corresponding increase in

food being thrown away, suggesting that kids are eating more of that good stuff rather than wasting it. **At our schools, we're continuing to focus on food quality to make sure even more kids eat and enjoy their fruits and veggies!**

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

DON'T4GET!



... and at least **THREE** of the five items total so your meal counts as a complete lunch!



Monday, April 21

Welcome Back!
Breakfast
Cereal; Grahams

Lunch
Crisp Corn Dog Or
Turkey /Cheese Roll-Up
Oven Baked Potato
Wedges
Seasoned Green Beans
Assorted Fruit Choices

Tuesday, April 22

Breakfast
WG Breakfast Square with
Turkey Sausage;
Applesauce

Lunch
Oven Roasted Chicken
Or Manager's Choice Entree
Mashed Potatoes
Fresh Fzn. Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll



Wednesday, April 23

Breakfast
French Toast;
Fruit of Choice

April Birthday Lunch
Chili Beans with
Baked "Tostitos" Or
Fresh Made Chicken
Salad/ Croissant
Fresh Baked Potato
Shr. Lettuce w/ Tomatoes
**Happy Birthday Frozen
Juice Cup**

Thursday, April 24

Breakfast
Egg & Cheese Omelet
Biscuit

Lunch
Assorted Pizza Or
PBJ Jamwich
Fresh Garden Salad with
Cherry Tomatoes
Oven Roasted Fresh
Carrots & Potatoes
Assorted Fruit Choices

Friday, April 25

Breakfast
School's Buffet Choice

Lunch
Honey BBQ Rib/ WG Bun
Or Deli Meat & Cheese/
WG Bun
Baked BBQ Beans
Fresh Cucumbers w/ dip
Assorted Fruit Choices

Monday, April 28

Breakfast
WG Breakfast Square with
Turkey Sausage;
Applesauce

Lunch
Local 100% Beef
Cheeseburger/ WG Bun
Or Turkey & Cheese/
WG Bun
Crisp Potato Wedges
Lettuce & Sl. Tomatoes
Assorted Fruit Choices

Tuesday, April 29

Breakfast
Egg Quesadilla; Box of
Raisins

Lunch
Chicken Nuggets Or
Chicken w/ Orange Sauce
Mashed Potatoes
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, April 30

Breakfast
Yogurt; Apple Bar

Brunch for Lunch
Scrambled Eggs w/
cheese; Turkey Bacon
Crisp Potato Coins
Baked Apples
Fresh Baked Biscuit

Thursday, May 1

Breakfast
Sausage Biscuit

Lunch
Assorted Pizza Or
PBJ Jamwich
Fresh Romaine Salad
with Cherry Tomatoes
Pinto Beans
Assorted Fruit Choices

Friday, May 2

Breakfast
Cereal; Grahams

Lunch
Cheesy Chicken Alfredo
Pasta Bake Or
Manager's Choice Entrée
Seasoned Green Beans
Fresh Veggies w/ dip
Fruit/Veggie 'Dragon' Juice
Chocolate Chip Cookie

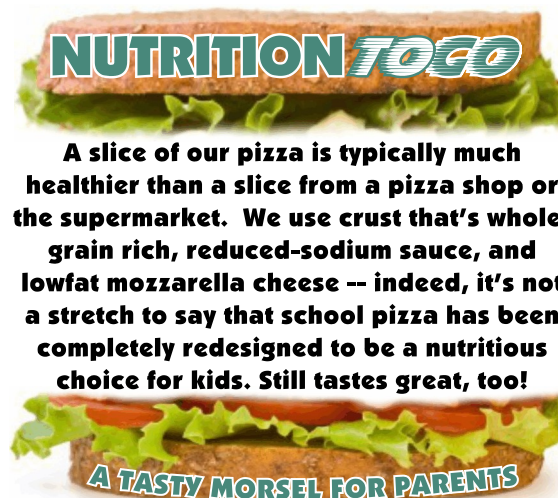
Choice of milk served with all complete meals:
Skim & 1% white and fat free flavored milk

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

"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



A slice of our pizza is typically much healthier than a slice from a pizza shop or the supermarket. We use crust that's whole-grain rich, reduced-sodium sauce, and lowfat mozzarella cheese -- indeed, it's not a stretch to say that school pizza has been completely redesigned to be a nutritious choice for kids. Still tastes great, too!

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