

Lynchburg
City Schools

Elementary
School
Menus

This institution is an equal
opportunity provider.
Menus are subject
to change.



**APRIL
BIRTHDAYS**

Thomas Jefferson -- April 13
Queen Elizabeth II (90) -- April 21
Ella Fitzgerald -- April 25
Duke Ellington -- April 29
Dale Earnhardt -- April 29
Travis Scott (24) -- April 30



SPIN YOUR WHEELS.



Biking may be the only
activity that combines
exercise, fun, AND
transportation! Just
remember to always
wear bright clothes,
close-toed shoes, and
a helmet – and follow
the rules of the road!

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

 **Breakfast Menus**

April 4-8 & April 18-22
Monday: Cereal & Grahams
Tues: Breakfast Chicken Slider
Wednesday: Cereal & Grahams
Thurs: Pillsbury WG Mini Cinnis
Friday: WG Muffin & Dannon Yogurt

April 11-15 & April 25-29
Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: WG Muffin & Dannon Yogurt
Thursday: Cereal & Grahams
Friday: WG Flap Stick

Breakfast includes:
Fruit Juice
1 Serving of Fruit
8 oz of Milk



Monday, April 4

Lunch Entrées
(Choose 1)
Corn Dog Nuggets
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Succotash (Limas & Corn)
Creamy Cole Slaw
Lettuce & Sliced Tomato
Chilled Mixed Fruit

Tuesday, April 5

Lunch Entrées
(Choose 1)
Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Green Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Wednesday, April 6

Lunch Entrées
(Choose 1)
Max Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Campbell's Tomato Soup
Romaine Garden Salad
Fresh Apple Slices

Thursday, April 7

Lunch Entrées
(Choose 1)
Chicken Tenders
Turkey Taco w/Cheddar Cheese
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Broccoli Florets
Seasoned Pinto Beans
Shredded Lettuce & Tomato Salsa
Applesauce

Friday, April 8

Lunch Entrées
(Choose 1)
Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Green Beans
Savory Potato Wedges
Chilled Pineapple Tidbits

Monday, April 11

Lunch Entrées
(Choose 1)
Chicken Nuggets
Texas Style Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges

Tuesday, April 12

Lunch Entrées
(Choose 1)
Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Crispy Tater Rounds
V-Blend Juice
Cinnamon Baked Apples

Wednesday, April 13

Lunch Entrées
(Choose 1)
Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Golden Sweet Corn
Shoe String Oven Fries
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Thursday, April 14

Lunch Entrées
(Choose 1)
School Made Mac & Cheese
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Vegetable Soup
Romaine Garden Salad
Chilled Diced Pears

Friday, April 15

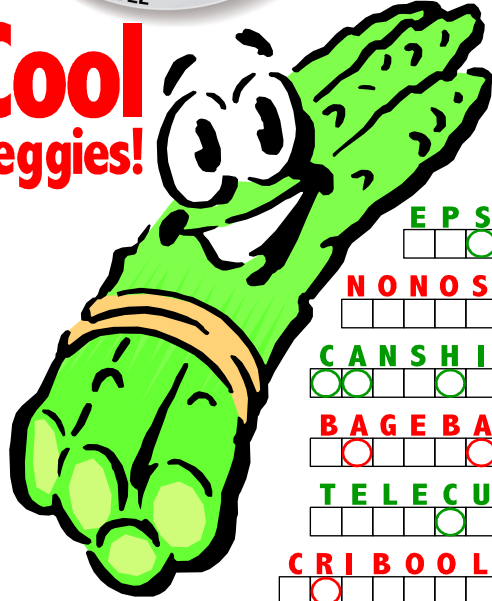
Lunch Entrées
(Choose 1)
Pizza Slice w/Selection of Toppings
Turkey & Cheese Deli Wrap
w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Broccoli
Baby Carrots
Fresh Apple Slices



What's on **YOUR** plate?

Cool Veggies!



E P S A

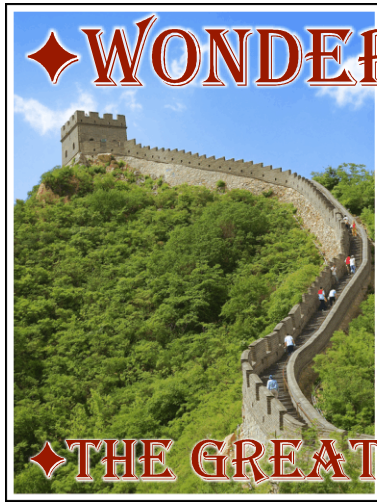
N O N O S I

C A N S H I P

B A G E B A C

T E L E C U T

C R I B O O L C



WONDERS OF THE WORLD

The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studded the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

THE GREAT WALL OF CHINA



IT'S IN YOUR HANDS, TOO.

EARTH DAY APRIL 22

| Monday, April 18 | Tuesday, April 19 | Wednesday, April 20 | Thursday, April 21 | Friday, April 22 |
|---|---|---|--|--|
| <p>Lunch Entrées (Choose 1)</p> <p>Corn Dog Nuggets Cheeseburger on WG Bun Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Popcorn Chicken Bites Honey BBQ Rib on WG Bun Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Max Sticks w/Pizza Dipping Sauce Hot Italian Flatbread Sandwich Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Chicken Tenders Turkey Taco w/Cheddar Cheese Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Pizza Slice w/Selection of Toppings Potato Crusted Fish Fillet on WG Bun Jamwich PB&J Combo Meal</p> |
| <p>Lunch Sides (All Included)</p> <p>Succotash (Limas & Corn) Creamy Cole Slaw Lettuce & Sliced Tomato Chilled Mixed Fruit</p> | <p>Lunch Sides (All Included)</p> <p>Steamed Green Peas Mashed Potatoes w/Gravy Mandarin Orange Sections</p> | <p>Lunch Sides (All Included)</p> <p>Campbell's Tomato Soup Romaine Garden Salad Fresh Apple Slices</p> | <p>Lunch Sides (All Included)</p> <p>Steamed Broccoli Florets Seasoned Pinto Beans Shredded Lettuce & Tomato Salsa Applesauce</p> | <p>Lunch Sides (All Included)</p> <p>Green Beans Savory Potato Wedges Chilled Pineapple Tidbits</p> |

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

CIRCLED LETTERS: _____

ANSWER

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

| Monday, April 25 | Tuesday, April 26 | Wednesday, April 27 | Thursday, April 28 | Friday, April 29 |
|--|--|--|--|--|
| <p>Lunch Entrées (Choose 1)</p> <p>Chicken Nuggets Texas Style Pork BBQ on WG Bun Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Breakfast for Lunch Hot Ham & Cheese on WG Bagel Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Cheesy Turkey Nachos Breaded Chicken Patty on WG Bun Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>School Made Mac & Cheese Fun Fish Shapes Jamwich PB&J Combo Meal</p> | <p>Lunch Entrées (Choose 1)</p> <p>Pizza Slice w/Selection of Toppings Turkey & Cheese Deli Wrap w/Pretzels Jamwich PB&J Combo Meal</p> |
| <p>Lunch Sides (All Included)</p> <p>Southern Style Baked Beans Creamy Cole Slaw Fresh & Juicy Sliced Oranges</p> | <p>Lunch Sides (All Included)</p> <p>Crispy Tater Rounds V-Blend Juice Cinnamon Baked Apples</p> | <p>Lunch Sides (All Included)</p> <p>Golden Sweet Corn Shoe String Oven Fries Shredded Lettuce & Tomato Salsa Chilled Diced Peaches</p> | <p>Lunch Sides (All Included)</p> <p>Vegetable Soup Romaine Garden Salad Chilled Diced Pears</p> | <p>Lunch Sides (All Included)</p> <p>Steamed Broccoli Baby Carrots Fresh Apple Slices</p> |