



WELCOME BACK!
Menus for
**August & September
2013**
Lynchburg City Schools
This institution is an equal opportunity provider.

 **Chef Developed Recipes—Fresh & Flavorful!**

Monday, August 26

Breakfast
Cereal; Grahams;
100% Fruit Juice; Milk

Lunch
Hot Dog; WG Bun
With/without Chili or
Meatballs / WG Bun
w/ cheese
Home-style Baked
Beans
Crisp Cole Slaw
Assorted Fruit Choices
Choice of Milk

Tuesday, August 27

Breakfast
Cinnamon French Toast
Mozz. Cheese Stick;
Fruit of Choice; Milk

Lunch
Chicken Nuggets or
Sliced Ham
Whipped Mashed
Potatoes
Sweet Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll
Choice of Milk

Wed., August 28

Breakfast
Cereal; Grahams;
1/2 Fresh Banana; Milk

Lunch
Assorted Pizza
Or Deli Sandwich
Romaine Salad
 **Herb Roasted
Fresh Vegetables**
Assorted Fruit Choices
Choice of Milk

Thursday, August 29

Breakfast
Egg & Cheese Quesadilla;
Applesauce Cup; Milk

Lunch
Texas BBQ/ WG Bun
Or Turkey & Cheese/
WG Bun
Creamy Sweet Potatoes
Assorted Fruit Choice
Choice of Milk

Friday, August 30

Breakfast
Yogurt; Muffin;
100% Fruit Juice; Milk

 **Lunch**
**Turkey Stir-Fry w/
Brown Rice** or
Pork Chop/ WG Bun
Broccoli w/cheese
Assorted Fruit Choices
Choice of Milk

Monday, September 2



No School

Tuesday, September 3

Breakfast
WG French Toast Sticks;
Fruit of Choice; Milk

Lunch
Sweet BBQ Chicken
Nuggets or Sl. Ham
Creamy Mashed
Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Bakery Wheat Roll
Choice of Milk

Wed., September 4

Breakfast
Cereal; Grahams
1/2 Fresh Banana; Milk

Lunch
Assorted Pizza
Or PBJ Sandwich
Garden Salad
with Cherry Tomatoes
Mixed Vegetables
Assorted Fruit Choices
Choice of Milk

Thursday, September 5

Breakfast
Chicken Biscuit;
100% Fruit Juice; Milk

 **Lunch**
Chicken Tetrazzini
Chicken Pattie /WG Bun
Orange Glazed Carrots
Assorted Fruit Choices
WG Choc. Chip Cookie
Choice of Milk

Friday, September 6

Breakfast
Cereal; Grahams;
100% Fruit Juice; Milk

Lunch
Fish Sticks
Crispy Corn Dog
Home-style Baked Beans
Cucumbers Wheels
...with Ranch dip
Assorted Fruit Choices
Choice of Milk

Check out our new Website for
on-line meal account payments
www.myschoolbucks.com

You may view your child's account bal-
ance and obtain a 60 day print out of your
child's activity at no cost. You may also
add to your child's meal account via a
credit card for a small on-line fee.

Easy, Smart, Secure

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First things First

**BREAKFAST
@SCHOOL**

For first-class learning!

WINNER!

Kids excel in school when they eat well. That's what
we're here for, and that's why we try to offer our
families a great value. Everybody's a winner!

Breakfast **Lunch**

\$1.05 **\$2.00**

Get in touch with us today to learn more about
free and reduced-price meals in our district:
434-515-5064 or sprinklemk@lcsedu.net



Lynchburg School Nutrition is
excited to be working with Chef
Jeaneil Smith. Ms. Smith is
working hard to develop new
recipes that include plenty of
fresh vegetables as well as fresh meats. She
has already conducted several cooking les-
sons with our school managers and we are
excited about continuing to learn how to
incorporate fresh ingredients into our student
friendly menus. Look for the menu items
tagged with a little "Chef's Hat".


LCS School Lunch
Fresh, Flavorful, Nutritious!

Monday, September 9

Breakfast

WG Turkey Sausage Bkf Square;
Fruit of Choice; Milk

Lunch

 **Local 100% Beef Cheeseburger**/WG Bun
Or Texas BBQ/WG Bun
Crisp Potato Wedges
Lettuce & Tomato
Assorted Fruit Choices

Tuesday, September 10

Breakfast

Cereal; Grahams;
100% Fruit Juice; Milk

Lunch

Popcorn Chicken or Sliced Ham
Fresh Baked Potato
Capri Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., September 11

Breakfast

Cinnamon French Toast;
Fresh Fruit; Milk

Lunch

 Pizza Sticks with Marinara Sauce or Deli Sandwich
Herb Roasted Fresh Vegetables
Assorted Fruit Choices

Thursday, September 12

Breakfast

Sausage Biscuit;
100% Fruit Juice; Milk

Lunch

Sliced Turkey w/gravy
Or Ham & Cheese Sub
Mashed Potatoes
Turnip Greens
Assorted Fruit Choices
Bakery Wheat Roll

Friday, September 13

Breakfast

Cereal; Grahams;
100% Fruit Juice; Milk



Lunch

"Jerk" Chicken or Crisp Sliced Pork Chop
Brown Rice w/Veggies
Broccoli w/ cheese
Pinto Beans
Assorted Fruit Choices

PARENTS—PLEASE READ THE FOLLOWING INFORMATION

Account / Charge Procedures for Elementary Students

● We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.

● We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.

● We allow 3 breakfast charges and 3 lunch charges for a total of \$9.15. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.

● **If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of a cheese sandwich or cheese crackers, fruit and a carton of white milk.**

● Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.

● We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager.

● You may also contact the School Nutrition Office in the School Administration Building at 515-5061. We are pleased to assist you.

**Remember, a Charge Policy is a courtesy.
Please use it wisely.**

Monday, September 16

Breakfast

WG Turkey Sausage Bkf Square;
Fruit of Choice; Milk

Lunch

Hot Dog/ WG Bun
With/without Chili or Meatballs w/cheese
WG Bun
Home-style Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices
Choice of Milk

Tuesday, September 17

Breakfast

Cereal; Grahams;
100% Fruit Juice; Milk



Lunch
Baked "Fresh" BBQ Chicken or Ham & Cheese/WG Bun


Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Bakery Wheat Roll
Choice of Milk

Wed., September 18

Breakfast

Cinnamon French Toast;
Mozz. Cheese Stick;
Fresh Fruit; Milk

Lunch

 Assorted Pizza or PBJ Sandwich
Romaine Salad
Hot Vegetable of Choice
Tropical Fruit Salad
Choice of Milk


Thursday, September 19

Breakfast

Cereal; Grahams;
100% Fruit Juice; Milk



Lunch
Southwest Fresh Beef Burrito
Or Turkey & Cheese Roll-up

 Refried Beans w/cheese
Summer Corn Salad
Assorted Fruit Choices
Choice of Milk

Friday, September 20

Breakfast

Canadian Turkey Ham & Cheese on English Muffin; 100% Fruit Juice; Milk

Lunch


Fish Sticks or Crispy Corn Dog
Fresh Baked Potato
Cucumbers Wheels
...with Ranch dip
Assorted Fruit Choices
Choice of Milk

Monday, September 23

Breakfast

WG French Toast Sticks;
Mozz. Cheese Stick;
100% Fruit Juice; Milk

Lunch

 **Local 100% Beef Cheeseburger**/WG Bun
Or Texas BBQ/WG Bun
Crisp Potato Wedges
Lettuce & Tomato
Assorted Fruit Choices
Choice of Milk

Tuesday, September 24

Breakfast

Cereal; Grahams;
100% Fruit Juice; Milk

Lunch


Chicken Nuggets
Or Sliced Ham
Mashed Potatoes
Green Peas
Assorted Fruit Choices
Bakery Wheat Roll
Choice of Milk

Wed., September 25

Breakfast

Flapstick;
Fruit of Choice; Milk

Lunch

 Pizza Sticks with Marinara Sauce or Deli Sandwich
Fresh Broccoli Salad
Assorted Fruit Choices
Choice of Milk

Thursday, September 26

Breakfast

Cereal; Grahams;
100% Fruit Juice; Milk

Brunch for Lunch

Scrambled Eggs
Yogurt; Turkey Bacon
Crisp Potato Coins
Baked Apples
WG Toast
Choice of Milk

Friday, September 27

Breakfast

Yogurt; Muffin;
100% Fruit Juice; Milk

Early Dismissal Lunch

PBJ Sandwich or Turkey & Cheese/ Bun
Fresh Carrot Sticks
Box of Raisins
Choice of Milk

Monday, September 30

Breakfast

WG Turkey Sausage Bkf Square
Fruit of Choice; Milk

Lunch

Hot Dog; WG Bun
With/without Chili or Meatballs w/cheese
WG Bun
Home-style Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices
Choice of Milk

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WG = Whole Grain
Menus are subject to