



## LYNCHBURG CITY ELEMENTARY

**Nobody learns  
if they're empty.**



You can't keep the seats full if the kids aren't full, too. It's a fact: kids need to eat well to learn.

**Get in touch with us today to learn more about free and reduced-price meals in our district:  
Kathie Sprinkle, 434-522-3700, x164**

## New Lunch Price For School Year 2011-2012

Breakfast **\$0.85** Lunch **\$1.50**

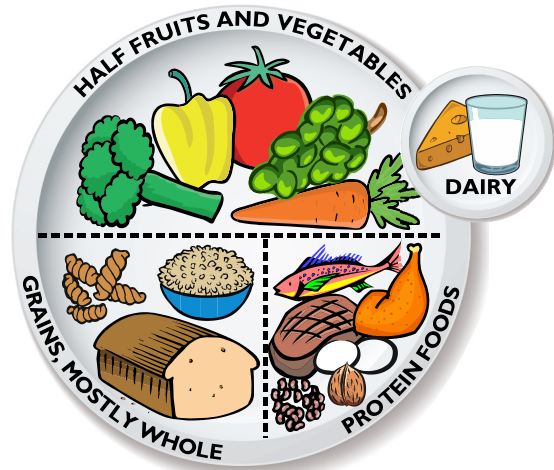
**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

Monday, August 22	Tuesday, August 23	Wed., August 24	Thursday, August 25	Friday, August 26
<b>Breakfast</b> Flapstick; Fresh Fruit	<b>Breakfast</b> Cereal; Grahams	<b>Breakfast</b> Sausage Biscuit	<b>Breakfast</b> Blueberry Pancakes w/lt. syrup; Fresh Fruit	<b>Breakfast</b> Yogurt; Belly Bear Grahams
<b>Lunch</b> <i>Choice of One</i> Assorted Wedge Pizza PBJ Uncrustable	<b>Lunch</b> <i>Choice of One</i> Popcorn Chicken Sl. Ham	<b>Lunch</b> <i>Choice of One</i> Tender Turkey BBQ/ Bun Deli Sandwich w/cheese	<b>Lunch</b> <i>Choice of One</i> Crispy Chicken Fillet/Bun Fish Fillet w/cheese/ Bun	<b>Lunch</b> <i>Choice of One</i> Turkey Bacon Cheeseburger Crispy Corn Dog
<b>Sides</b> Garden Salad w/ fresh veggies; dressing Golden Corn Fresh Fruit Cup	<b>Sides</b> Mashed Potatoes Seasoned Green Beans Fresh or Canned Fruit Fresh Baked Wheat Roll	<b>Sides</b> Crispy Potato Wedges Fresh cucumbers & Grape Tomatoes w/ ranch dip Fresh or Canned Fruit	<b>Sides</b> Fresh Baked Potato Mixed Spinach Salad; dressing Fresh or Canned Fruit	<b>Sides</b> Broccoli w/ cheese Crispy Tater Tots Frozen Juice Slushie
Monday, August 29	Tuesday, August 30	Wed., August 31	Thursday, Sept. 1	Friday, Sept. 2
<b>Breakfast</b> Breakfast Pizza; Fruit Cup	<b>Breakfast</b> Cereal; Grahams; Banana <i>"Tootie Fruiti-Veggie Weggie Day"</i>	<b>Breakfast</b> Chicken Biscuit	<b>Breakfast</b> Cereal; Grahams	<b>Breakfast</b> Yogurt; Muffin
<b>Lunch</b> <i>Choice of One</i> Hot Dog / Bun w/wo chili Turkey & Cheese Roll-up/ HD Bun	<b>Lunch</b> <i>Choice of One</i> Crisp Oven Fried Chicken Sliced Ham	<b>Lunch</b> <i>Choice of One</i> French Bread Pizza Deli Sandwich w/ cheese	<b>Lunch</b> <i>Choice of One</i> Chicken Fajita w/ Rice Turkey & Cheese / Bun	<b>Lunch</b> <i>Choice of One</i> Crispy Corn Dog Fish Fillet w/cheese / Bun
<b>Sides</b> Crispy Oven Fries Fresh Cucumbers Wheels w/ Ranch dip Fresh or Canned Fruit	<b>Sides</b> Fresh Baked Sweet Potato Fresh steamed Squash/ Zucchini/ <b>Fresh Kiwi</b>	<b>Sides</b> Tossed Garden Salad; dressing Hot Vegetable of Choice Fresh or Canned Fruit Crackers	<b>Sides</b> Fresh Frozen Green Peas Mandarin Oranges And Bag of Cookies	<b>Sides</b> Macaroni & Cheese Steamed Broccoli Frozen Juice Slushie

# What's on YOUR plate?



## Say goodbye to the Pyramid and hello to the Plate!

**There's a new, easy-to-understand graphic showing what a healthy American diet should look like.**

Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with a little dairy on the side.

**Try to follow these general guidelines, too:**

- ▶ Enjoy what you eat, but eat less of it!
- ▶ Avoid really big portions of food
- ▶ Eat whole grains as much as possible
- ▶ Drink milk that's fat-free or low-fat (1%)
- ▶ Choose foods with lower sodium numbers
- ▶ Drink water instead of soda or other sugary drinks

**On future menus, look for lots of tips, puzzles, riddles, jokes, and examples that will help you make sense of the new MyPlate graphic!**

**Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [www.kidshealth.org/kid/stay\\_healthy/food/pyramid.html#cat119](http://www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119)**

**MEAL APPLICATIONS:** You are required to complete a new meal application **each school year** for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first month. If you have any questions or need further information, please call the School Nutrition Office at 522-3700, x164. Don't delay – get your child's meal application in **Today!**

### MENU FACTS:

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

100% Fruit Juice 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.

Water is available with every lunch at no cost to students

**Menus are subject to change without notice.**

**Non-discrimination Statement:** "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

**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 add to your child's meal account via a credit card for a small on-line fee.

Questions? Call 522-3700, x160

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

*Easy, Smart, Secure*



### PARENTS—PLEASE READ THE FOLLOWING INFORMATION

#### Account and 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 \$6.75. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- **If no money is received and the parent has not made arrangements for his/her child, School Nutrition will provide a student with a toasted cheese sandwich or cheese crackers, and a carton of milk. This emergency snack provides the nutrition a student needs to get through the school day.**
- 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. Many parents find it convenient to send account money on their payroll schedule.
- 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 522-3700, ext 160 or ext 164. We will assist you with any concerns or questions.

**Remember, a Charge Policy is a courtesy—not a requirement. Please use it wisely.**