

Menus For August 2011

Lynchburg City Schools is an equal opportunity provider.

William Marvin Bass Elementary School

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 available w/ 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.



Menus are subject to change without notice.

GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

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

Monday, August 1

Breakfast
Breakfast Pizza

Lunch
Choice of One
Cheeseburger/ Bun
Turkey & Cheese / Bun
Sides
Baked Beans
Cucumber Wheels w/dip
Fresh or Canned Fruit
And Choc. Chip Cookie

Tuesday, August 2

Breakfast
Cereal, Grahams
Fresh Banana

Lunch
Choice of One
Popcorn Chicken
Sliced Ham
Sides
Mashed Potatoes
Fresh Froz. Green Peas
Fresh or Canned Fruit
Wheat Roll(s)

Wednesday, August 3

Breakfast
Chicken Biscuit

Lunch
Choice of One
Assorted Pizza Wedge
PBJ Uncrustable
Sides
Fresh Garden Salad
Hot Vegetable of choice
Fresh or Canned Fruit
Crackers

Thursday, August 4

Breakfast
Flapstick; Fruit

Lunch
Choice of One
"Oven Fried" Breaded Chicken
Turkey & cheese on Sl. Bread
Sides
Golden Corn
Fresh Fruit Cup w/ Mandarin
Oranges
Bakery Dinner Roll(s)

Friday, August 5

Breakfast
Blueberry Muffin; Yogurt

Lunch
Choice of One
Ham & Cheese / Bun
Crispy Corn Dog
Sides
"Tater Tots"
Cucumbers, Grape Tomatoes
with Ranch Dip
Fresh Froz. Peach Cup



NUTRITION TO GO

Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.

A TASTY MORSEL FOR PARENTS

Monday, August 8

Breakfast
Breakfast Pizza
Fresh Fruit

Lunch
Choice of One
Crispy Chicken Fillet / Bun
Turkey BBQ / Bun
Sides
Crisp Potato Wedges
Side Salad w/dressing
Fresh or Canned Fruit
Crackers

Tuesday, August 9

Breakfast
Cereal, Grahams

Lunch
Choice of One
Oven Roasted Chicken
Sliced Ham
Sides
Creamy Mashed Potatoes
Peas & Carrots
Fresh or Canned Fruit
Wheat Roll(s)

Wednesday, August 10

Breakfast
Sausage Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
Cold Cuts w/ cheese / Bun
Sides
Garden Salad w/dressing
Hot Vegetable of choice
Fresh or Canned Fruit

Thursday, August 11

Breakfast
Warm Ham & Cheese Roll

Lunch
Choice of One
Fresh Made Chicken Salad/Bun
Turkey & cheese / bun
Sides
Fresh Baked Potato
Broccoli w/cheese
Fresh or Canned Fruit
And Choc. Chip Cookie

Friday, August 12

Breakfast
Yogurt; Grahams

Lunch
Choice of One
Fish & Cheese / Bun
Crispy Corn Dog
Sides
Macaroni & Cheese
Green Beans
Bag of Fruit Snacks

HERB/SPICE

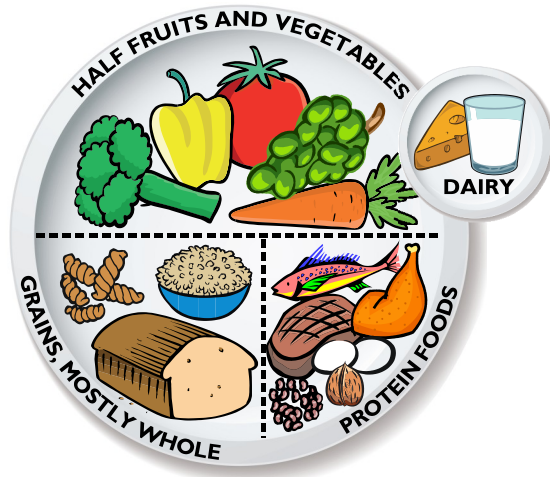
Thyme



Herbs and spices are plants that are used to flavor food. Many cooks use thyme in meat dishes (especially lamb), soups, and stews. It will grow easily in any garden and return year after year. Thyme has such fantastic flavor that it is even used in mouthwash!

OF THE MONTH

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 or
www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119**

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| Monday, August 15 Breakfast Breakfast Pizza Fresh Fruit Lunch <i>Choice of One</i> Crispy Chicken Fillet / Bun Turkey BBQ / Bun Sides Crisp Potato Puffs Side Salad w/dressing Fresh or Canned Fruit And Choc. Chip Cookie | Tuesday, August 16 Breakfast Cereal, Grahams Fresh Banana Lunch <i>Choice of One</i> Popcorn Chicken Sliced Ham Sides Mashed Potatoes Seasoned Green Beans Fresh or Canned Fruit Wheat Roll(s) | Wednesday, August 17 Breakfast Chicken Biscuit Lunch <i>Choice of One</i> Assorted Pizza Wedge PBJ Uncrustable Sides Fresh Garden Salad Hot Vegetable of choice Fresh or Canned Fruit Crackers | Thursday, August 18 Breakfast Yogurt; Grahams Lunch <i>Choice of One</i> Grilled Chicken Pattie/ Bun Turkey & Gravy Sides Fresh Baked Sweet Potato Broccoli w/ cheese Fresh or Canned Fruit Bakery Dinner Roll(s) | Friday, August 19 Teacher Workday  Students do not Attend |
| Monday, August 22 Breakfast Breakfast Pizza Mandarin Oranges Lunch <i>Choice of One</i> Hot Dog/ Bun w/wo Chili Turkey & Cheese / HD Bun Sides Baked Beans Crispy Cole Slaw Fresh or Canned Fruit | Tuesday, August 23 Breakfast Cereal, Grahams Lunch <i>Choice of One</i> Oven Roasted Chicken Sliced Ham Sides Creamy Mashed Potatoes Fresh Froz. Green Peas Fresh or Canned Fruit Wheat Roll(s) | Wednesday, August 24 Breakfast Sausage Biscuit Lunch <i>Choice of One</i> Assorted Wedge Pizza Cold Cuts w/ cheese / Bun Sides Garden Salad w/dressing Hot Vegetable of choice Fresh or Canned Fruit Crackers | Thursday, August 25 Breakfast Blueberry Pancakes/ syrup Fresh Fruit Lunch <i>Choice of One</i> Chicken Fajita; Rice Manager's choice Sides Golden Corn Fresh or Canned Fruit Cheese Toast | Friday, August 26 Breakfast Flapstick; Fruit Lunch <i>Choice of One</i> Crispy Corn Dog PBJ Uncrustable Sides Broccoli w/ cheese Frozen Fruit Slushie |
| Monday, August 29 Breakfast Breakfast Pizza Lunch Cheeseburger / Bun Crispy Potato Wedges Fresh or Canned Fruit | Tuesday, August 30 Breakfast Cereal; Grahams Lunch Chicken Nuggets Mashed Potatoes Fresh or Canned Fruit Dinner Roll(s) | Wednesday, August 31 Breakfast Chicken Biscuit Lunch Assorted Wedge Pizza Fresh Veggies w/ dip Fresh or Canned Fruit | Thursday, September 1 Breakfast Flapstick Lunch Chicken Fillet / Bun Golden Corn Fresh or Canned Fruit | Friday, September 2 Breakfast Muffin, Yogurt Lunch Crispy Corn Dog Broccoli w/ cheese Frozen Fruit Sherbet |
| Monday, August 29 Breakfast Breakfast Pizza Lunch Cheeseburger / Bun Crispy Potato Wedges Fresh or Canned Fruit | | | | |
| Tuesday, August 30 Breakfast Cereal; Grahams Lunch Chicken Nuggets Mashed Potatoes Fresh or Canned Fruit Dinner Roll(s) | | | | |
| Wednesday, August 31 Breakfast Chicken Biscuit Lunch Assorted Wedge Pizza Fresh Veggies w/ dip Fresh or Canned Fruit | | | | |
| Thursday, September 1 Breakfast Flapstick Lunch Chicken Fillet / Bun Golden Corn Fresh or Canned Fruit | | | | |
| Friday, September 2 Breakfast Muffin, Yogurt Lunch Crispy Corn Dog Broccoli w/ cheese Frozen Fruit Sherbet | | | | |
| Interession August 29—September 2, 2011 | | | | |
| 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 | | | | |