

Welcome
Back!

Menu for
August, 2015



LYNCHBURG CITY ELEMENTARY SCHOOLS MENU

MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit 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.

WG = Whole Grains

Menus are subject to change without notice.

GREAT NEWS! CEP!

Most LCS Elementary Schools (with the exception of Bedford Hills & Paul Munro) are now under the Community Eligibility Provision (CEP).

This means ALL Students enrolled at CEP schools will receive a Free Breakfast and a Free Lunch each school day.

There are NO forms to complete. All students are eligible.

NO PRICE INCREASES

For Bedford Hills & Paul Munro!

Breakfast Lunch
\$1.15 \$2.25

No Fees!

www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. This year we will continue to offer **Ice-Cream** and other snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks".

You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

Easy, Smart, Secure!



USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER

Monday, August 17

Breakfast
Cinn French Toast Sticks;
Applesauce Cup

Lunch
Hot Dog/ w/wo Chili Or
Beef Meatballs w/cheese
Both on hot dog Bun
Crispy Oven Fries
Baked Beans
Assorted Fruit Choices
Fresh Baked
Choc Chip Cookie

Tuesday, August 18

Breakfast
Turkey Sausage Breakfast
Square; Fruit of Choice

Lunch
Teriyaki Chicken
Or Sliced Ham
Brown Rice
Broccoli w/ cheese
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, August 19

Breakfast
Cereal Bar; Grahams
Fresh Banana

Lunch
Assorted Pizza Wedge
Or PBJ Jamwich
Fresh Garden Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thursday, August 20

Breakfast
Pillsbury Pancakes;
Fruit of Choice

Summer Birthdays Lunch
Fresh Made Chicken Salad
w/ Croissant Or
Crisp Pork Chop/ Bun
Baked Sweet Potato Half
Fresh Fzn. Mixed Veggies
Happy Birthday Ice Juice Cup

Friday, August 21

Breakfast
Yogurt; Goldfish;
Raisins

Lunch
Honey BBQ Rib/ Bun Or
Potato Crusted Fish
Fillet/ Bun
Golden Corn
Fresh Cucumber Wheels
w/ ranch dip
100% Fruit/Veggie Juice

Monday, August 24

Breakfast
Flapstick; Fruit Cup

Lunch
Cheeseburger/ Bun Or
Spicy BBQ Rib/ Bun
Crispy Potato Wedges
Fresh Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, August 25

Breakfast
Turkey Sausage Breakfast
Square; Fruit of Choice

Lunch
Chicken Nuggets
Or Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., August 26

Breakfast
Cereal in a Pouch;
Grahams; Fresh Banana

Lunch
Assorted Pizza Wedge
Or PBJ Jamwich
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thursday, August 27



Breakfast
Sausage in a 'Twister'
Roll; Fruit of Choice

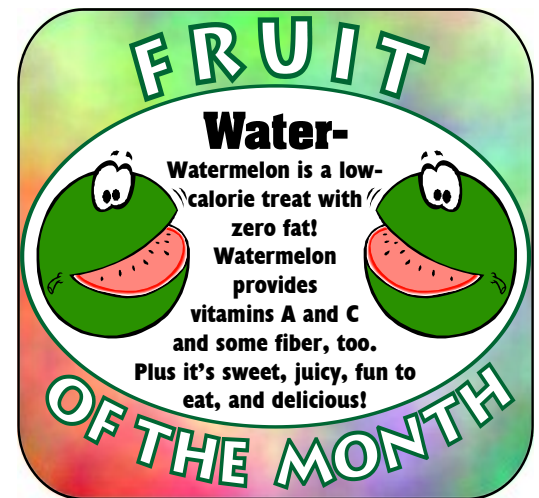
Lunch
Beef Taco /soft shell
w/ shr cheese & lettuce
Or Deli Meat/Cheese
Roll-up
Pinto Beans w/ cheese
Fresh Baby Carrots w/dip
Assorted Fruit Choices

Friday, August 28

Breakfast
Egg Quesadillas; or
Manager's Choice
Fruit of Choice

Lunch
Crisp Chicken Fillet/ Bun
Or Manager's Choice
Sweet Potato Puffs
Fresh Fzn Mixed Veggies
Assorted Fruit Choices
Fresh Baked Cookie

Monday, August 31	Tuesday, September 1	Wed., September 2	Thurs, September 3	Friday, September 4
<p>Breakfast Yogurt; Muffin; Fruit of Choice</p> <p>Lunch Hot Dog/ w/wo Chili Or Beef Meatballs w/cheese Both on hot dog Bun Home-style Baked Beans Crunchy Cole Slaw Assorted Fruit Choices</p>	<p>Breakfast Cereal Bar; Grahams Fruit of Choice</p> <p>Lunch Popcorn Chicken Or Sliced Ham Mashed Potatoes Seasoned Green Peas Assorted Fruit Choices Fresh Baked Wheat Roll</p>	<p>Breakfast Yogurt; Muffin; Fruit</p> <p>Lunch Fresh Mixed Salad Topped w/your choice of: Diced Turkey Ham & Bacon Or Chicken Fajita:/ Shred.Cheese; Tomatoes Fresh Baked Garlic Flatbread Golden Corn Assorted Strawberries <i>Choc Chip Cookie</i></p>	<p>Breakfast Flapstick; Fruit of Choice</p> <p>Brunch for Lunch Cheesy Scrambled Eggs w/ Sausage Link Crispy Tater Tots Baked Apples 100% Fruit/Veggie Juice 'Buttered" WG Toast</p> 	<p>Breakfast</p> <p>Lunch Honey BBQ Rib/ Bun Or Potato Crusted Fish Fillet/ Bun Sweet Potato Puffs Broccoli w/cheese 100% Fruit/Veggie Juice</p> 



INFORMATION FOR SCHOOLS NOT UNDER CEP—BEDFORD HILLS & PAUL MUNRO

MEAL APPLICATIONS: Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order 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 30 days of the new school year. If you have any questions or need further information, please call the School Nutrition Office at 434-515-5064.

PARENTS—PLEASE READ THE FOLLOWING INFORMATION

Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their meal.
- **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.**