



**ELEMENTARY
MENUS FOR
AUGUST
2017**

LYNCHBURG CITY SCHOOLS

BEDFORD HILLS SCHOOL

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

**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!



**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR!**

**Welcome
Back
for FOOD,
FUN, & FITNESS!**

Monday, August 14

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Lima Beans
Golden Sweet Corn
Mandarin Orange Sections

Tuesday, August 15

Lunch Entrées
(Choose 1)

Shrimp Poppers w/Corn Bread Muffin
Honey BBQ Pork Rib Patty on Bun

Lunch Sides
(All Included)

Crunchy Baby Carrots
Steamed Broccoli
Cry Baby Sour Cherry
Frozen Fruit Cup

Wednesday, August 16

Lunch Entrées
(Choose 1)

Baked Chicken w/Bread Stick
Italian Deli Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Quick Baked Potato
Green Beans
Applesauce

Thursday, August 17

Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Creamy Macaroni & Cheese

Lunch Sides
(All Included)

Steamed Sweet Green Peas
Seasoned Pinto Beans
Sliced Peaches

Friday, August 18

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Turkey & Cheese Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Romaine Garden Salad
Seasoned Potato Wedges
Chilled Mixed Fruit

Available Daily at Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
offered w/CROUTONS or CRACKERS

Choice of Milk

Lunch includes entrée, 2 servings of vegetables, 1 serving of fruit and choice of milk

**Make the healthy,
economical choice!**

Elementary Secondary
\$1.15 \$2.25

**Get in touch with us today to learn more about
free and reduced-price meals in our district:
434-515-5060**

NUTRITION TO GO

The most important variable for healthy weight is how many calories you take in on an average day. If you take in more than you burn, you'll bank those extra calories as added weight. Try this cool experiment with your whole family: count the calories in everything you eat and drink for one day - you might be surprised at the total.

A QUICK BITE FOR PARENTS

AUGUST BIRTHDAYS

William Clark -- August 1
Barack Obama (56) -- August 4
Shawn Mendes (19) -- August 8
Viola Davis (52) -- August 11
Meriwether Lewis -- August 18
Charlie Parker -- August 29



**What's on
YOUR
plate?**

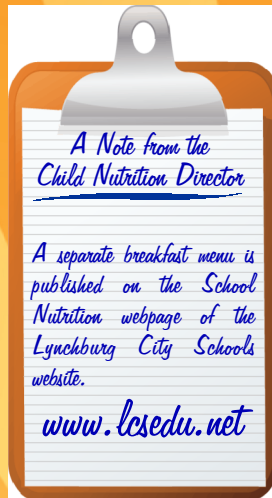


Make this the year you eat more fruits and veggies. And let us help!

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack. **And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**



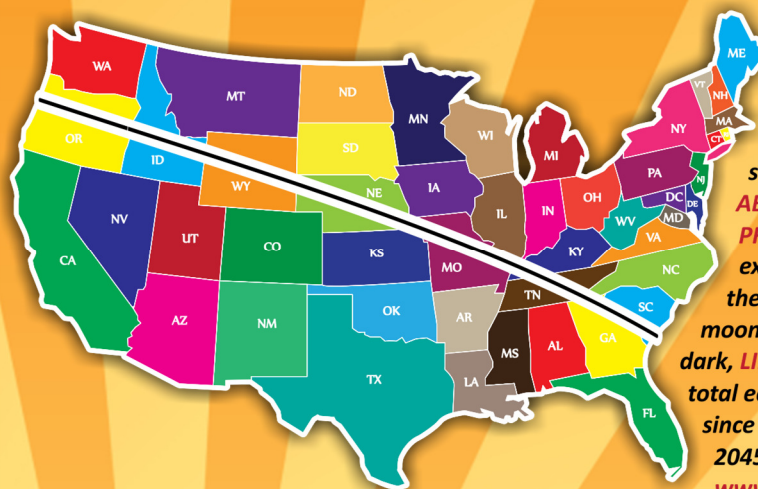
Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



*A Note from the
Child Nutrition Director*

A separate breakfast menu is published on the School Nutrition webpage of the Lynchburg City Schools website.

www.lcsedu.net



Are you ready for the solar eclipse on August 21? The approximate path of the total eclipse is shown here, but the entire continental U.S. will see at least a 50% eclipse. **YOU WILL ABSOLUTELY NEED TO WEAR EYE PROTECTION to view the eclipse, except in the "path of totality" when the sun is COMPLETELY covered by the moon and the sky suddenly goes quite dark, LIKE NIGHTTIME!** We haven't had a total eclipse path cross the whole lower 48 since 1918, and won't have another until 2045. See more fun eclipse facts at www.eclipse2017.org.

Monday, August 21

Lunch Entrées
(Choose 1)

Chicken Nuggets w/Corn Bread Muffin

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Crispy Tater Coins
Steamed Broccoli
Applesauce

Tuesday, August 22

Lunch Entrées
(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

All Beef Hot Dog on WG Bun
Served with or without Chili

Lunch Sides
(All Included)

Romaine Garden Salad
Golden Sweet Corn
Fresh Summer Strawberries

Wednesday, August 23

Lunch Entrées
(Choose 1)

Breakfast for Lunch

Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Cinnamon Baked Apples

Thursday, August 24

Lunch Entrées
(Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

Freshly Made Broccoli Salad
Steamed Sweet Green Peas
Pineapple Tidbits

Friday, August 25

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings

Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)

Crunchy Baby Carrots
Crinkle Cut Oven Fries
Juicy Watermelon

Monday, August 28

Lunch Entrées
(Choose 1)

Corn Dog Nuggets

Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Lima Beans
Golden Sweet Corn
Mandarin Orange Sections

Tuesday, August 29

Lunch Entrées
(Choose 1)

Shrimp Poppers w/Corn Bread Muffin

Honey BBQ Pork Rib Patty on Bun

Lunch Sides
(All Included)

Crunchy Baby Carrots
Steamed Broccoli
Cry Baby Sour Cherry Frozen Fruit Cup

Wednesday, August 30

Lunch Entrées
(Choose 1)

Baked Chicken w/Bread Stick

Italian Deli Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Quick Baked Potato
Green Beans
Applesauce

Thursday, August 31

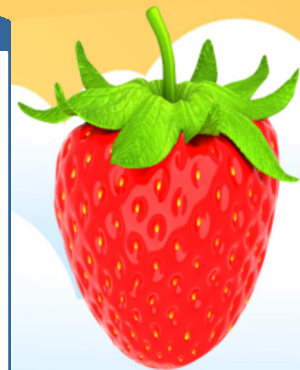
Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Creamy Macaroni & Cheese

Lunch Sides
(All Included)

Steamed Sweet Green Peas
Seasoned Pinto Beans
Sliced Peaches



We hope you enjoy the last sweet days of Summer BERRY much!