

**LCS ELEMENTARY  
MENUS FOR  
AUGUST  
2017**

*Dearington  
Heritage  
Linkhorne  
T C Miller  
Paul Munro*

*R S Payne  
Perrymont  
Sandusky  
Sheffield*

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!**

**All of our complete meals are always  
NO CHARGE  
for all students**

**with no need to submit an  
application, thanks to the  
Community Eligibility Program!**

**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?**

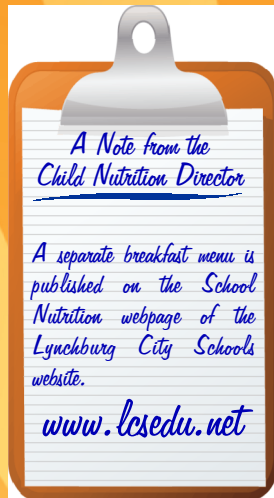


**Make this the year you eat more fruits and veggies. And let us help!**

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!**



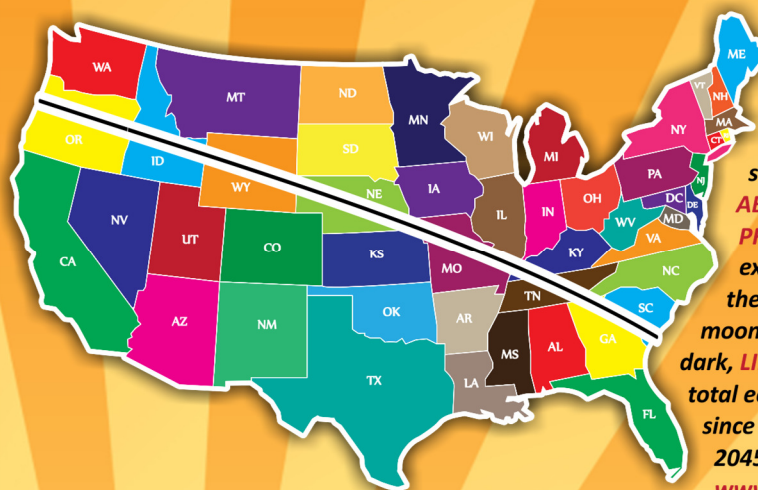
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



*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](http://www.lcsedu.net)*



**A**re 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](http://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**

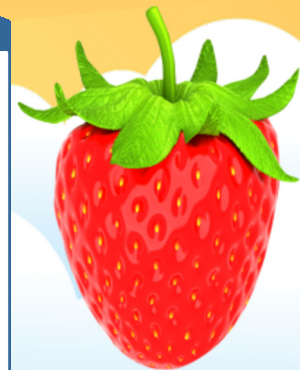
**Lunch Entrées**  
(Choose 1)

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!**