



**ELEMENTARY  
MENUS FOR  
AUGUST  
2017**

**LYNCHBURG CITY SCHOOLS  
HUTCHERSON EARLY  
LEARNING CENTER**

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

**I am the letter**



**ladybug**



**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 Entrée**  
Corn Dog Nuggets

**Lunch Sides  
(All Included)**  
Lima Beans  
Mandarin Orange Sections  
1% or Fat Free White Milk

**Tuesday, August 15**

**Lunch Entrée**  
Honey BBQ Pork Rib Patty on Bun

**Lunch Sides  
(All Included)**  
Steamed Broccoli  
Diced Pears  
1% or Fat Free White Milk

**Wednesday, August 16**

**Lunch Entrée**  
Baked Chicken w/Bread Stick

**Lunch Sides  
(All Included)**  
Green Beans  
Applesauce  
1% or Fat Free White Milk

**Thursday, August 17**

**Lunch Entrée**  
100% Beef Patty on WG Bun  
Offered with Lettuce & Sliced Tomato

**Lunch Sides  
(All Included)**  
Steamed Sweet Green Peas  
Sliced Peaches  
1% or Fat Free White Milk

**Friday, August 18**

**Lunch Entrée**  
Pizza Slice

**Lunch Sides  
(All Included)**  
Romaine Garden Salad  
Chilled Mixed Fruit  
1% or Fat Free White Milk



*Available Daily for Lunch*

**Ham & Cheese Sandwich  
OR  
Turkey & Cheese  
Sandwich**

School Lunch includes:  
Entrée  
Serving of Vegetable & Fruit  
8 fl oz Fat Free or 1% Low Fat Milk

**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!*

**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!**

**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?**

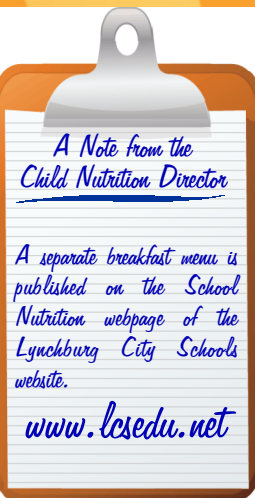
**Make this the year you eat  
more fruits and veggies.  
And let us help!**

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!**



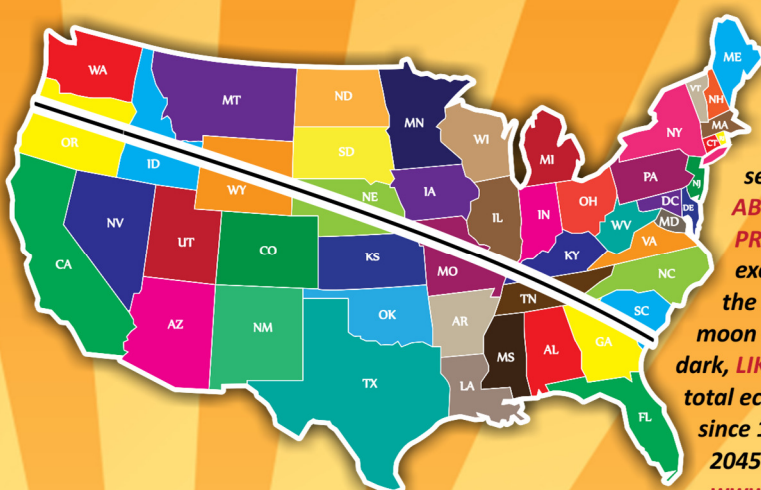
Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



*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 Entrée**

Chicken Nuggets

**Lunch Sides**

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

**Tuesday, August 22**

**Lunch Entrée**

Pizza Dippers w/Pizza Dipping Sauce

**Lunch Sides**

(All Included)

Golden Sweet Corn

Fresh Summer Strawberries

1% or Fat Free White Milk

**Wednesday, August 23**

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

**Thursday, August 24**

**Lunch Entrée**

Spaghetti & Meatballs

**Lunch Sides**

(All Included)

Steamed Sweet Green Peas

Pineapple Tidbits

1% or Fat Free White Milk

**Friday, August 25**

**Lunch Entrée**

Fun Fish Nuggets

**Lunch Sides**

(All Included)

Crunchy Baby Carrots

Juicy Watermelon

1% or Fat Free White Milk

**Monday, August 28**

**Lunch Entrée**

Corn Dog Nuggets

**Lunch Sides**

(All Included)

Lima Beans

Mandarin Orange Sections

1% or Fat Free White Milk

**Tuesday, August 29**

**Lunch Entrée**

Honey BBQ Pork Rib Patty on Bun

**Lunch Sides**

(All Included)

Steamed Broccoli

Diced Pears

1% or Fat Free White Milk

**Wednesday, August 30**

**Lunch Entrée**

Baked Chicken w/Bread Stick

**Lunch Sides**

(All Included)

Green Beans

Applesauce

1% or Fat Free White Milk

**Thursday, August 31**

**Lunch Entrée**

Creamy Mac & Cheese

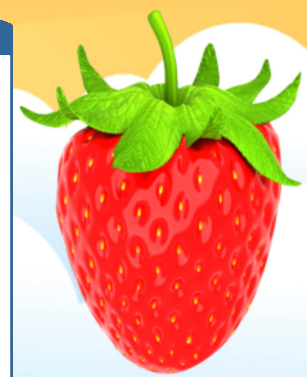
**Lunch Sides**

(All Included)

Steamed Sweet Green Peas

Sliced Peaches

1% or Fat Free White Milk



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