



Menus for December 2011

**Lynchburg City
Schools
Elementary Menu**



Thursday, December 1

Breakfast

Blueberry Pancakes w/syrup
Seasonal Fresh Fruit

Lunch

Fresh Made Beef
Vegetable Soup
Toasted Cheese Sandwich
Crisp Potato Wedges
Strawberry Yogurt Parfait



Friday, December 2

Breakfast

Cereal; Grahams

Lunch

Choice of One
Crisp Corn Dog
Fish Fillet w/ Cheese / Bun

Sides

Broccoli w/ cheese
Golden Corn
"Juice Alive" Frozen Slushie

EAT WITH YOUR HANDS.

Just how big is a "serving"? It's hard to tell. And that means we sometimes eat WAY more than we think we do. So look at it this way: a cup is about the size of a fist, an ounce of cheese is as big as a thumb, and a 3 ounce serving of meat, fish, or chicken fills up your palm.



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



**We hope you
and your
family have a
safe and happy
holiday season!**

From Meryl Smith, Director of School Nutrition & the Child Nutrition Staff at your school

Monday, December 5

Breakfast

Breakfast Pizza
Fresh Orange Wedges

Lunch

Choice of One
Texas BBQ / Bun
Crispy Chicken Fillet / Bun

Sides

Oven Baked Potato Wedges
Fresh Steamed Cabbage
Fresh or Canned Fruit
and Chocolate Chip Cookie

Tuesday, December 6

Breakfast

Cereal; Grahams

Lunch

Choice of One
Popcorn Chicken
Sl. Ham

Sides

Mashed Potatoes
Fresh Froz. Green Peas
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wed., December 7

Breakfast

Chicken Biscuit

Lunch

Choice of One
French Bread Pizza
Deli meat & cheese / Bun

Sides

Garden Salad w/dressing
Hot Vegetable of choice
Fresh or Canned Fruit

Thursday, December 8

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Choice of One
Spaghetti w/ Meat Sauce
Turkey & Cheese / Bun

Sides

Seasoned Greens
Golden Corn
Fresh or Canned Fruit
Garlic Bread(s)

Friday, December 9

Breakfast

Yogurt; Blueberry Muffin

Lunch

Choice of One
Honey BBQ Rib / Bun
Crispy Corn Dog

Sides

Potato Wedges
Broccoli w/ cheese
Fresh or Canned Fruit

Monday, December 12

Breakfast

Breakfast Pizza
Fresh Orange Wedges

Lunch

Choice of One
Crispy Pork Chop / Bun
100% Beef Cheeseburger / Bun

Sides

Oven Baked Potato
Fresh Veggies w/ dip
Fresh or Canned Fruit
Crackers

Tuesday, December 13

Breakfast

Cereal; Grahams

Lunch

Manager's Choice
Including
Fruits, Vegetables, and a
**Fresh Fruit Yogurt
Parfait!**

Check with your school for
today's Menu.

Wed., December 14

Breakfast

Pancakes w/syrup
Fresh Seasonal Fruit

Lunch

Choice of One
Assorted Wedge Pizza
Deli meat & cheese / Bun

Sides

Garden Salad w/dressing
Hot Vegetable of choice
Fresh or Canned Fruit
Crackers

Thursday, December 15

Breakfast

Cereal; Grahams
Holiday Lunch

Choice of One
Tender Sliced Turkey & Gravy
Winter Wonderland
Chicken Nuggets

Sides

Mashed Potatoes
Seasoned Green Beans
Fresh Fruit Cup
Bakery Dinner Rolls
And A Holiday Dessert

Friday, December 16

Breakfast

School's Choice

Lunch

Choice of One
Crisp Corn Dog
PBJ Uncrustable

Sides

Golden Corn
Frozen Fruit Sherbet

Happy Holidays!

Time to turn the page!

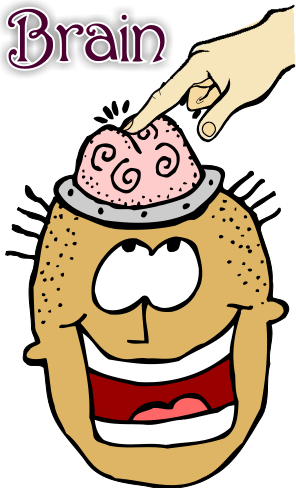


Winter Holiday begins
at the end of classes
Friday, Dec. 16

Classes resume:
Thurs., Jan. 5

We look
forward to
serving you
in 2012!

Brain Ticklers



What do you call a reindeer with four eyes?

(Hold the page upside down and read it in a mirror for the answer!)

4 123456789

Account and Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Money may be placed on your child's account in any amount each school day.
- We allow elementary students 3 breakfast charges and 3 lunch charges for a total of \$7.05. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If no money is received and the parent has not made arrangements for his/her child, **School Nutrition will provide a student with a toasted cheese sandwich or cheese crackers, and a carton of milk.** This emergency snack provides the nutrition a student needs to get through the school day.
- 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.
- 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 522-3700, ext 160 or ext 164. We will assist you with any concerns or questions.

Menu Facts :

Choice of milk served with all complete meals:
Skim & 1% white for breakfast and white & flavored milk for lunch

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"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.

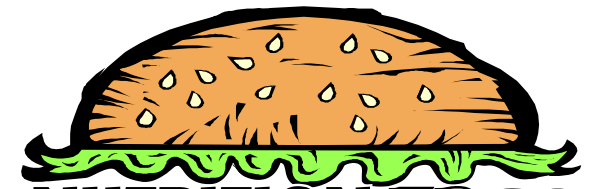
Menus are subject to change without notice.



Word of the Month

pride

- adj.* 1. a sense of one's own proper dignity or value; self-respect
2. pleasure or satisfaction taken in a special accomplishment



NUTRITION TO GO

Kids need more calcium than anybody else -- 1300 mg a day. But they typically get far less than that. Indeed, girls 14-18 average only about HALF the calcium they need. A few good sources of calcium are milk, calcium-fortified orange juice, and lowfat yogurt, each of which contain about 300 mg of calcium per cup.

A TASTY MORSEL FOR PARENTS

www.cafeprepay.com

If you have not yet logged on to Café Prepay, give it a try. Many of our parents are finding it to be a convenient and helpful resource for keeping their children's meal accounts current. If your child's meal account is in the negative, please cover the amount due before winter break.

Thank You!

FRUIT

Papaya

Papaya trees grow in the tropics (including Hawaii) and produce fruit year-round.

Papaya is an excellent source of vitamin C and a good source of fiber and B vitamins.

OF THE MONTH

Happy Holidays!



Beware of Mistletoe!

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