

Lynchburg
City
Elementary
Schools

**MENUS FOR
DECEMBER
2014**

USDA is an equal
opportunity provider
and employer.



Menu Notes

Choice of milk served with all complete meals:
Skim & 1% white and fat free flavored milk

100% Fruit Juice and 1/2 Fresh or Canned Fruit is served with every Breakfast. Cereal is available every day upon request.

"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

D.I.Y. VACCINATION.



It's the do-it-yourself vaccine that can help keep you healthy! Regular handwashing is a simple, effective way to keep the germs away and keep you on your feet. Plain soap and warm water work just fine!

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

Monday, December 1

Breakfast

Egg & Cheese Turkey
Sausage Quesadilla; Fruit;
100% Fruit Juice; Milk

Lunch

Hot Dog/ WG Bun
w/wo Chili Or
Meatballs w/cheese/ WG Bun
Home-style Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices
Milk

Tuesday, December 2

Breakfast

Cereal; Grahams;
1/2 Fresh Banana
100% Fruit Juice; Milk

December Birthday Lunch

Spaghetti w/ Meat Sauce
Or Turkey & Cheese/WG Bun
Turnip Greens
Crisp Potato Wedges

Happy
Birthday Ice
Fruit Cup



Garlic Toast; Milk

Wed., December 3

Breakfast

Sausage /Cheese Bkfr Pizza
Fruit; 100% Fruit Juice;
Milk

Lunch

Cheesy Sticks w/ Marinara
Or Deli Sandwich w/ Cheese
Fresh Garden Salad
w/ Cherry Tomatoes
Hot Vegetable of Choice
Fresh Orange Wedges
Milk

Thursday, December 4

Breakfast

Colby Omelet Biscuit;
Fruit; 100% Fruit Juice;
Milk

Lunch

Beef Chili Beans w/
Baked "Tostitos" Scoops
Or Honey BBQ Rib/WG Bun
Golden Corn
Fresh Veggies w/ dip
Assorted Fruit Choices
Bag of Elf Grahams
Milk

Friday, December 5

Breakfast

French Toast Sticks; Fruit;
100% Fruit Juice; Milk

Lunch

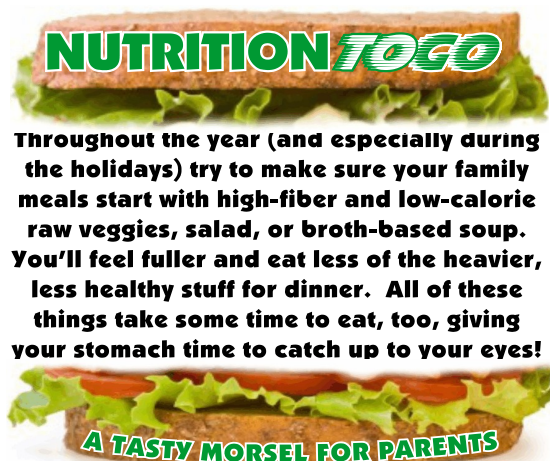
Crispy Pork Chop/WG Bun
Or Manager's Choice Entrée
Creamy Sweet Potatoes
Broccoli w/ cheese
100% Fruit/Veggie Juice
Milk



NUTRITION TO GO

Throughout the year (and especially during the holidays) try to make sure your family meals start with high-fiber and low-calorie raw veggies, salad, or broth-based soup. You'll feel fuller and eat less of the heavier, less healthy stuff for dinner. All of these things take some time to eat, too, giving your stomach time to catch up to your eyes!

A TASTY MORSEL FOR PARENTS



Monday, December 8

Breakfast

Cereal; Grahams; Fruit;
100% Fruit Juice; Milk

Lunch

Texas BBQ/ WG Bun Or
Cheeseburger/ WG Bun
Crispy Potato Wedges
Crunchy Cole Slaw
Assorted Fruit Choices
Fresh Baked Cookie
Milk

Tuesday, December 9

Breakfast

Egg & Cheese Turkey
Sausage Quesadilla; Fruit;
100% Fruit Juice; Milk

Lunch

Chicken Nuggets
Or Spicy BBQ Rib
Creamy Mashed Potatoes
Seasoned Mixed Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wed., December 10

Breakfast

Flapstick; Fruit;
100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge Or
Turkey & Cheese Sandwich
Fresh Romaine Salad
w/ Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, December 11

Breakfast

Cereal; Grahams;
Fresh Fruit;
100% Fruit Juice; Milk

Brunch for Lunch

Cheesy Scrambled Eggs &
Sausage (or Chix) Patty;
Crispy Tater Tots
Bag of Petite Fresh Carrots
Warm Baked Apples
Toast w/ Jelly



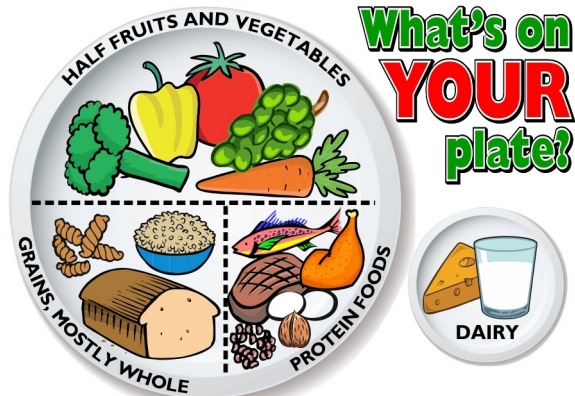
Friday, December 12

Breakfast

French Toast Sticks; Fruit;
100% Fruit Juice; Milk

Lunch

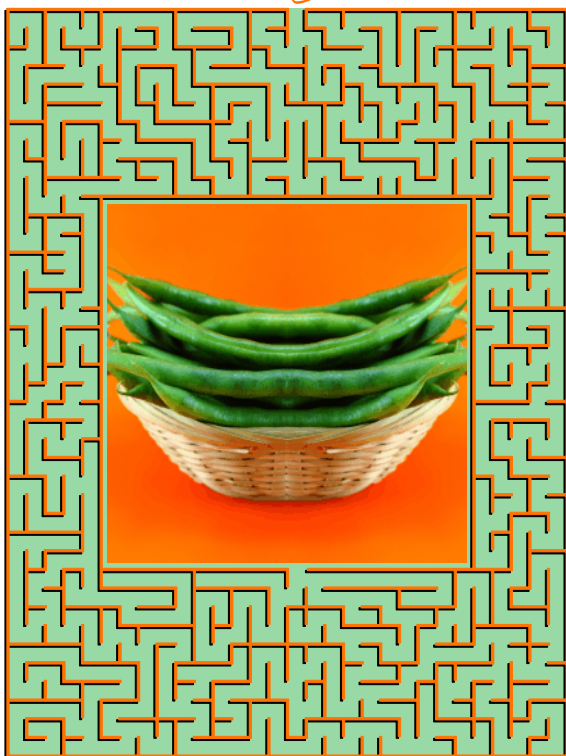
Crisp Corn Dog Or
Manager's Choice Entrée
Macaroni & Cheese
Steamed Broccoli
100% Fruit/Veggie Juice
Bag of Apple Slices
Milk



Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

➔ **Start here!**



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

Now 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 offer **Ice-Cream** and other nutritious 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

*Our best wishes for
a safe and happy
Holiday season
for our students
and staff, our
families, our
community,
and our
nation.*



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

Monday, December 15

Breakfast

Egg, Cheese Turkey
Sausage Quesadilla
Fruit; 100% Juice; Milk

Lunch

Texas BBQ/ WG Bun Or
Cheeseburger/ WG Bun
Crispy Potato Wedges
Crunchy Cole Slaw
Assorted Fruit Choices
Milk

Tuesday, December 16

Breakfast

Cereal; Grahams; Fruit
100% Fruit Juice; Milk

HOLIDAY LUNCH
*Chicken Vegetable Soup
With Cheesy Toasted
Goldfish Sandwich*
Or Cook's Choice Sandwich
Applesauce
Holiday Cookie, Milk



Wed., December 17

Breakfast

Flapstick; Fruit;
100% Fruit Juice; Milk

Lunch

Crispy Pork Chop/ WG Bun
Or Manager's Choice Entrée
Glazed Carrots
Broccoli w/ cheese
Assorted Fruit Choices
Milk

Thursday, December 18

Breakfast

School's Choice Breakfast
Fruit; 100% Juice; Milk

Lunch

Assorted Pizza Or
Sandwich of Choice
Side Salad
Vegetable of Choice
Assorted Fruit Choices
Milk

Friday, December 19

Breakfast

School's Choice Breakfast
Fruit; 100% Juice; Milk

Lunch

Crisp Corn Dog Or
Manager's Choice Entrée
Veggie of Choice
100% Fruit/Veggie Juice
Fruit of Choice
Milk

HAPPY HOLIDAYS!

SEE YOU IN

2015

**HAPPY
NEW
YEAR!**

Last day
of school:
Friday,
December 19

Classes
resume:
Monday,
January 5