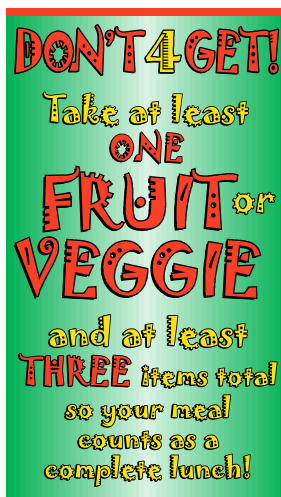




Lynchburg City Schools—Elementary School Menus

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



Monday, December 7

Lunch Entrée (Choose 1)

Corn Dog Nuggets
Texas Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Seasoned Pinto Beans
Steamed Green Peas
Creamy Cole Slaw
Chilled Mixed Fruit

Tuesday, December 8

Lunch Entrée (Choose 1)

Herb Roasted Chicken w/Dinner Roll
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Green Beans
Mashed Potatoes w/Gravy
Lettuce & Sliced Tomato
Chilled Applesauce

Wednesday, December 9

Lunch Entrée (Choose 1)

Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Carrot & Celery Sticks w/Ranch Dip
Crispy Tater Rounds
Chilled Pineapple Tidbits

Thursday, December 10

Lunch Entrée (Choose 1)

Southwest Chili w/Beans & Tortilla Chips
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Seasoned Potato Wedges
Romaine Salad
Mandarin Orange Sections

Friday, December 11

Lunch Entrée (Choose 1)

Chicken Tenders w/Garlic Bread Stick
Beef-A-Roni w/Garlic Bread Stick
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Broccoli Florets
Glazed Carrot Medley
Fresh Apple Slices

NUTRITION TO GO

Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you're suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.

A TASTY MORSEL FOR PARENTS

OUT COLD.

Not only do kids eat more in the winter, they also tend to exercise less.



Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Weekly Breakfast Menus

December 1—4

Tuesday: Breakfast Chicken Sandwich
Wednesday: Cereal & Grahams
Thursday: EGGO WG Mini Waffles
Friday: WG Flap Stick

December 7—11

Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: Pillsbury WG Mini Pancakes
Thursday: Cereal & Grahams
Friday: Ham & Egg Biscuit

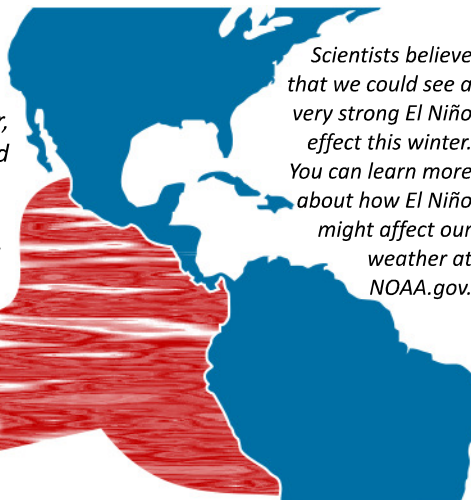
December 14—18

Monday: Cereal & Grahams
Tuesday: Breakfast Chicken Sandwich
Wednesday: Cereal & Grahams
Thursday: Eggo WG Mini Waffles
Friday: WG Flap Stick

**Breakfast includes: Fruit Juice,
1 Serving of Fruit & 8oz of Milk**

The climate phenomenon known as "El Niño" occurs in years when Pacific Ocean waters off the coast of Central and South America become warmer than usual. El Niño can make California wetter and warmer, the southern U.S. wetter and cooler, the northwest and central states warmer and drier, and the mid-Atlantic and northeast warmer on the whole, but prone to big snowstorms.

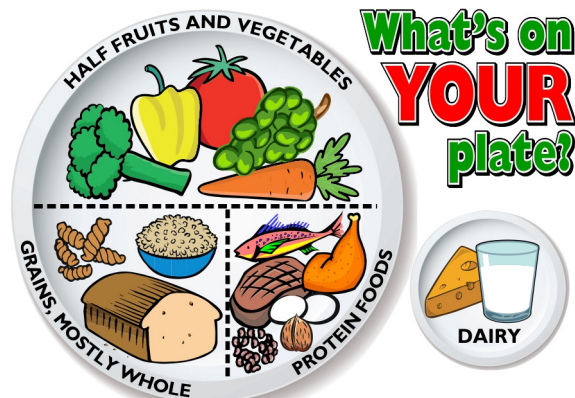
El Niño



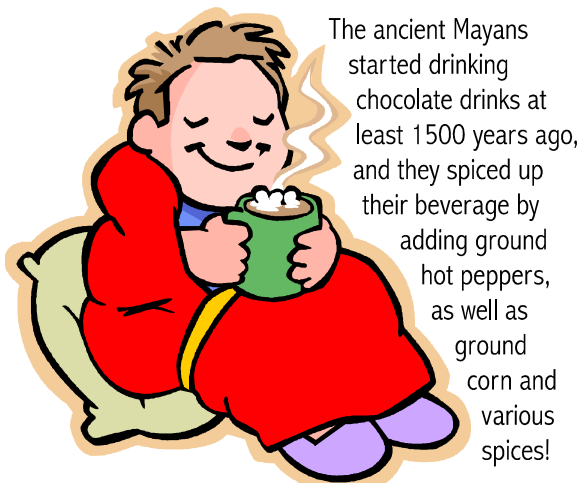
Scientists believe that we could see a very strong El Niño effect this winter. You can learn more about how El Niño might affect our weather at NOAA.gov.



From Beth Morris,
Director of School Nutrition
& the School Nutrition Staff
at your school



REALLY Hot Chocolate!



The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
Lunch Entrée (Choose 1) Chicken Nuggets w/WG Dinner Roll Hot Dog on WG Bun Jamwich PB&J Combo Meal	Lunch Entrée (Choose 1) Breakfast for Lunch Hot Ham & Cheese on WG Bagel Jamwich PB&J Combo Meal	Lunch Entrée (Choose 1) Pizza Slice w/Selection of Toppings Chicken Patty on WG Bun Jamwich PB&J Combo Meal	Lunch Entrée (Choose 1) Spaghetti & Meat Sauce w/Garlic Bread Crispy Fish Shapes w/Garlic Bread Jamwich PB&J Combo Meal	Lunch Entrée (Choose 1) Cheesy Beef Nachos Chicken Fajita on Soft Tortilla Jamwich PB&J Combo Meal
Lunch Sides (All Included) Southern Baked Beans Crunchy Baby Carrots w/Ranch Dip Chilled Applesauce	Lunch Sides (All Included) Crispy Tater Rounds V-Blend Juice Baked Apples	Lunch Sides (All Included) Steamed Broccoli Crinkle Cut Oven Fries Chilled Diced Peaches	Lunch Sides (All Included) California Vegetable Medley Romaine Garden Salad Chilled Sliced Pears	Lunch Sides (All Included) Golden Sweet Corn Refried Beans Shredded Lettuce & Tomato Salsa Fresh Apple Slices



HAPPY 2016!

Last day of school: Friday, December 18
Classes resume: Monday, January 4

SEE YOU NEXT YEAR!

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