



MENUS FOR DECEMBER 2016

**LYNCHBURG CITY SCHOOLS
ELEMENTARY SCHOOL MENUS**

This institution is an equal opportunity provider.

Thursday, December 1

Lunch Entrées
(Choose 1)

- School Made Mac & Cheese
Served with Cheesy Garlic Bread Stick
- 100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides
(All Included)

- Steamed Broccoli
- Roasted Red Skin Potatoes
- Lettuce & Sliced Tomato
- Applesauce

Friday, December 2

Lunch Entrées
(Choose 1)

- Pizza Crunchers
- Philly Cheese Steak Flatbread

Lunch Sides
(All Included)

- Crunchy Baby Carrots
- Chuck Wagon Corn
- Sweet Strawberries

GERM WARFARE.



The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!

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

Monday, December 5

Lunch Entrées
(Choose 1)

- All Beef Hot Dog on WG Bun
- 100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides
(All Included)

- Southern Style Baked Beans
- Crispy Tater Coins
- Lettuce & Sliced Tomato
- Mandarin Orange Sections

Tuesday, December 6

Lunch Entrées
(Choose 1)

- Pizza Dippers w/Pizza Dipping Sauce
- Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)

- Romaine Garden Salad
- California Vegetable Medley
- Amazin' Raisins
- Fresh Orange Wedges

Wednesday, December 7

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, December 8

Lunch Entrées
(Choose 1)

- Spaghetti & Meatballs w/breadstick
- Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

- Fresh Made Broccoli Salad
- Golden Sweet Corn
- Diced Freestone Peaches

Friday, December 9

Lunch Entrées
(Choose 1)

- Pizza Slice w/Selection of Toppings
- Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)

- Crispy Cucumber Wheels
- Crinkle Cut Oven Fries
- Fresh Apple Slices



Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
served w/CROUTONS or CRACKERS

JIF Protein Pack Combo Meal (Wednesdays)

Choice of Milk



Menu selections may change based on product availability

NUTRITION TO GO

Baked Beans may seem a little old-fashioned these days, but they're convenient, tasty, and a nutritional powerhouse. One half-cup delivers 7 grams of fiber – that's about 30% of the Recommended Daily Allowance – along with good amounts of iron and other vitamins and minerals. And they're super-low in saturated fat and cholesterol, too!

A TASTY MORSEL FOR PARENTS

BREAKFAST MENUS

DECEMBER 1-2 & 12-16

MONDAY: PILLSBURY WG FRUDEL

TUESDAY: GEREAL & STRING CHEESE

WEDNESDAY: PILLSBURY WG MINI PANCAKES

THURSDAY: GEREAL & ELF GRAHAMS

FRIDAY: YOGURT & GIANT GOLDFISH GRAHAMS

DECEMBER 5-9

MONDAY: GEREAL & STRING CHEESE

TUESDAY: YOGURT & WG MUFFIN

WEDNESDAY: PILLSBURY WG MINI GINNIS

THURSDAY: BREAKFAST CHICKEN SLIDER

FRIDAY: GEREAL & ELF GRAHAMS

BREAKFAST INCLUDES: MILK, FRUIT JUICE & 1 SERVING OF FRUIT




WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.

A JOB IN YOUR CHILD'S SCHOOL CAFETERIA ALLOWS YOU TO BE AT HOME WHEN YOUR FAMILY NEEDS YOU THERE. CALL TODAY FOR MORE INFORMATION!

(434) 515-5060

HERB/SPICE OF THE MONTH


Bay Leaf



Herbs and spices are plants that are used to flavor food. Bay laurel trees grow in many parts of the world, and the dried leaf of the tree is often used in soups, stews, sauces, and many other long-cooking dishes.

We wish you & your family a warm & happy holiday season!

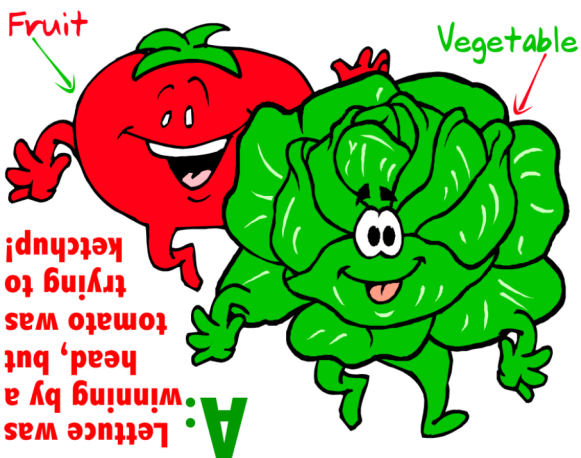
From Beth Morris, Director of School Nutrition & the School Nutrition Staff at your school

What's on YOUR plate?

| Monday, December 12 | Tuesday, December 13 | Wednesday, December 14 | Thursday, December 15 | Friday, December 16 |
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| <p>Lunch Entrées (Choose 1)</p> <p>Corn Dog Nuggets</p> <p>Cheesy Beef Nachos Served with Salsa & Sour Cream</p> <p>Lunch Sides (All Included)</p> <p>Lima Beans</p> <p>Golden Sweet Corn</p> <p>Sweet Strawberry Cup</p> | <p>Lunch Entrées (Choose 1)</p> <p>Breaded Pork Steak on WG Bun</p> <p>Italian Meatball Sub</p> <p>Lunch Sides (All Included)</p> <p>Seasoned Pinto Beans</p> <p>Garden Pasta Salad</p> <p>Fresh Apple Slices</p> | <p>Lunch Entrées (Choose 1)</p> <p>Baked Chicken w/Corn Muffin</p> <p>Shrimp Poppers w/Corn Muffin</p> <p>Lunch Sides (All Included)</p> <p>Green Beans</p> <p>Quick Baked Potato</p> <p>Chilled Mixed Fruit</p> | <p>Lunch Entrées (Choose 1)</p> <p>Hearty Harvest Stew Served with Cheesy Garlic Bread Sticks</p> <p>Chicken Nuggets w/Bread Stick</p> <p>Lunch Sides (All Included)</p> <p>Rosemary Red Skin Potatoes</p> <p>Romaine Garden Salad</p> <p>Applesauce</p> | <p>EARLY DISMISSAL</p> <p>Lunch Entrées (Choose 1)</p> <p>Pizza Crunchers</p> <p>Hot Ham & Cheese Flatbread</p> <p>Lunch Sides (All Included)</p> <p>Raw Veggie Medley</p> <p>V-blend Juice</p> <p>Diced Freestone Peach Cup</p> |

Q: What happened in the race between lettuce and tomato?



A: Lettuce was winning by a head, but tomato was trying to try to ketchup!

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



HOLD ON TIGHT!

**Last day of school:
Friday, December 16**

**Classes resume:
Tuesday, January 3**

We'll see you in 2017!