

Menus for February 2014

Lynchburg City
Schools
Elementary
Menu



Monday, February 3

Breakfast

Whole Grain Turkey
Bkf. Square; Fruit of
Choice

Lunch

Meatballs w/cheese/
WG Bun or
Turkey Combo Meat &
Cheese/WG Bun
Fresh Baked Potato
Fresh Veggies w/ dip

Tuesday, February 4

Breakfast

Cereal; Grahams

Lunch

Oven Roasted Chicken
Or Sliced Turkey w/gravy
Mashed Potatoes
Fresh Fzn Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, February 5

Breakfast

Flapstick; Fresh Fruit

Lunch

Cheesy Pizza Sticks
w/ Marinara Sauce or
PBJ Uncrustable
Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice;
Fresh Apple Slices

Thursday, February 6

Breakfast

Sausage Biscuit;
Applesauce

Lunch

Turkey Taco/Sft. Shell
w/cheese/lettuce/tomato
Or Ham & Cheese Wrap
Fresh Fzn. Golden Corn
Southwest Baked Beans
Assorted Fruit Choices

Friday, February 7

Breakfast

Yogurt; Grahams

Lunch

Chicken Tetrazzini or
Crisp Fish Sticks
Broccoli w/ cheese
Fruit/Veggie Juice
Bakery Dinner Roll
Choc Chip Cookie

Monday, February 10

Breakfast

Colby Cheese & Egg
Omelet on Bakery Roll

Lunch

Hot Dog w/wo Chili on
WG Bun or Turkey &
Cheese/ WG hot dog Bun
Oven Baked French Fries
Crisp Cole Slaw
Assorted Fruit Choices

Tuesday, February 11

Breakfast

Cereal; Grahams

Lunch

Chicken Vegetable Soup
with "Goldfish" Toasted
Cheese Sandwich
Yogurt Fruit Salad with
Chopped Fresh Apples
Fresh Baked Cookie

Wednesday, February 12

Breakfast

Banana-Strawberry
French Toast; Assorted
Fresh Fruit

Lunch

Assorted Pizza Wedges
or Comp Turkey Sub
Garden Salad with
Cherry Tomatoes
Pinto Beans w/ cheese
Assorted Fruit Choices

Thursday, February 13

Breakfast

Chicken Biscuit;
Applesauce

Lunch

Beef Chili Beans with
Baked "Tostitos" or
Manager's Choice
Fresh Fzn. Golden Corn
Fresh Baby Carrots
w/ Ranch dip
Assorted Fruit Choices

Friday, February 14

Breakfast

Turkey Bacon Cheese
Toaster

Valentine's Day Lunch

Heart Shaped
Chicken Nuggets
or Sliced Ham
Mashed Sweet Potatoes
Seasoned Green Beans
Fresh Baked Wheat Roll
"Sweetheart"
Cherry Ice Cup

TRUST YOUR HEART.



Your heart knows: WHAT
TIME you eat matters.
Eating a healthy meal
early in the day is
linked to a lower risk of
heart attack, while eating
late at night before bed is
linked to an increased risk.
Listen to your heart!

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

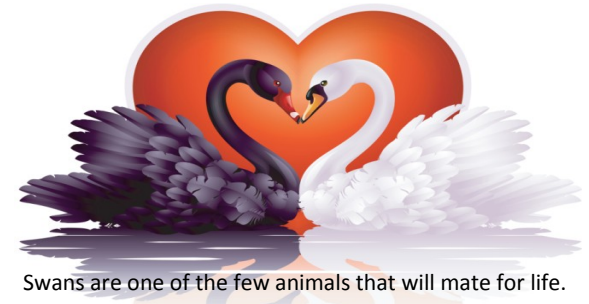
PORTRAITS OF SPECTACULAR Athletes

Elana Meyers was a softball all-star in college, hitting a game-winning grand slam in her final home game at George Washington University. She switched to bobsledding after graduation and won a bronze medal at the 2010 Olympics in Vancouver. She hopes to compete for gold this year in Sochi.



**Winter Olympics
February 7-23
Sochi, Russia**

ELANA MEYERS



Swans are one of the few animals that will mate for life.

Be sure to eat School Lunch on Valentine's Day, Friday, February 14th and enjoy our Holiday Menu!

It's a student favorite - Happy Valentine's Day!





Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you're done eating!



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



Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.



Monday, February 17

Breakfast
Whole Grain Turkey Bkf. Square; Fruit of Choice

Lunch
Chicken Fillet/ WG Bun
Or Turkey & Cheese/ WG Bun
Fresh Baked Potato
Fresh Veggies w/ dip

Tuesday, February 18

Breakfast
Cereal; Grahams
Fresh Banana

Lunch
Fresh School Made Turkey & Gravy or Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll
Elf Graham Cookies

Wednesday, February 19

Breakfast
Sl. Turkey & Cheese Roll

Lunch
Cheesy Pizza Sticks w/ Marinara Sauce or PBJ Uncrustable
Garden Salad with Cherry Tomatoes
Hot Vegetable of Choice; Assorted Fruit Choices

Thursday, February 20

Breakfast
Sausage Biscuit; Fruit of Choice

Lunch
Spaghetti w/ Meat Sauce or Crispy Fish Sticks
Turnip Greens
Assorted Fruit Choices
Garlic Toast

Friday, February 21

Breakfast
Yogurt; Grahams

Lunch
Local 100% Beef Cheeseburgers/ WG Bun
Or Turkey & Cheese /WG Bun
Lettuce; Tomato; Onions
BBQ Beans
Assorted Fruit Choices

Monday, February 24

Breakfast
Whole Grain Turkey Bkf. Square; Fruit of Choice

Lunch
Hot Dog w/wo Chili on WG Bun or Turkey & Cheese/ WG hot dog Bun
Oven Baked French Fries
Crisp Cole Slaw
Assorted Fruit Choices

Tuesday, February 25

Breakfast
Cereal; Grahams

February Birthday Lunch
Chef's Recipe—"Jerk Chicken" w/ Brown Rice
Or Manager's Choice
Glazed Carrots
Broccoli w/ cheese
Bakery Dinner Roll

"Happy Birthday" Ice Cup

Wednesday, February 26

Breakfast
Flapstick; Fresh Fruit

Lunch
Assorted Pizza Wedges or Turkey Club Sub (sl. Turkey, Cheese, Bacon)
Garden Salad with Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, February 27

Breakfast
School Buffet Choices

Lunch
Turkey Taco/Sft. Shell w/cheese/lettuce/tomato
Or Ham & Cheese Wrap
Fresh Fzn. Golden Corn
Southwest Baked Beans
Assorted Fruit Choices

Friday, February 28

Breakfast
Cereal; Grahams

Early Dismissal Lunch
PBJ Uncrustable or Turkey & Cheese/WG Bun
Fresh Baby Carrots
Raisins
Cookie

ENJOY YOUR AFTERNOON!

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

100% Fruit Juice or 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

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Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

- 1 Wash your hands frequently.**
- 2 Cover up when you sneeze or cough.**
- 3 If you do get sick, stay home.**