

USDA IS AN EQUAL OPPORTUNITY EMPLOYER & PROVIDER

MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

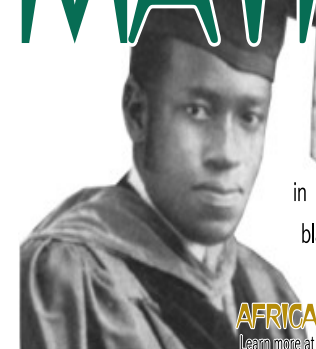
"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

MENUS ARE SUBJECT TO CHANGE

WG—Whole Grains

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at <http://www.news.cornell.edu/Chronicle/02/2.28.02/ElbertCox.html>

Monday, February 2

Breakfast

Pillsbury Pancakes; Fruit;
100% Fruit Juice; Milk

Lunch

Texas BBQ/ WG Bun Or
Chicken Fillet/ WG Bun
Crispy French Fries
Broccoli w/ cheese
Assorted Fruit Choices
Milk

Tuesday, February 3

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Lunch

Chicken Nuggets Or
Sliced Ham
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wednesday, February 4

Breakfast

Ham Roll; Fresh Fruit
100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge
Or PBJ Sandwich
w/cheese stick
Fresh Garden Salad
w/carrots & tomatoes
Black-eyed Peas
Assorted Fruit Choices
Milk

Thursday, February 5

Breakfast

Sausage Biscuit; Fruit Cup
100% Juice; Milk

Lunch

Beef Chili Beans w/ cheese
Baked 'Tostitos' Scoops
Or Meat & Cheese Roll-up
Golden Corn
Fresh Baby Carrots w/dip
Assorted Fruit Choices
Milk

Friday, February 6

Breakfast

WG Turkey Sausage
Breakfast Square; Fruit
100% Fruit Juice; Milk

Lunch

Crispy Corn Dog or
Turkey & Cheese/ WG Bun
Creamy Sweet Potatoes
Mixed Vegetables
100% Fruit/Veggie Juice
Milk

Monday, February 9

Breakfast

Flapstick; Fruit of Choice
100% Juice; Milk

Lunch

Hot Dog /WG Bun
w/wo Chili Or
Meatballs w/ cheese/
WG Bun;
Fresh Steamed Cabbage;
Pinto Beans
Assorted Fruit Choices
Chocolate Chip Cookie
Milk

Tuesday, February 10

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Lunch

Teriyaki Chicken Or
Turkey w/ Gravy
Brown Rice
Glazed Carrots
Broccoli w/ cheese
Assorted Fruit Choices
Bakery Dinner Wheat Roll
Milk

Wednesday, February 11

Breakfast

Chicken Biscuit; Fruit
100% Juice; Milk

Lunch

Cheesy Pizza Sticks w/
Marinara Sauce
Or Deli Sandwich
Fresh Garden Salad
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, February 12

Breakfast

PBJ Gramwich; Fresh Fruit
100% Juice; Milk

Lunch

Fresh-Made Chicken
Vegetable Soup
Toasted Cheese Sandwich
Baby Carrots w/dip
Assorted Fruit Choices
Milk



Friday, February 13

Breakfast

Yogurt; Muffin; Fruit
100% Juice; Milk

Valentine Lunch

Cheeseburger/ WG Bun or
Spicy BBQ Rib/ WG Bun
Macaroni & Cheese
Seasoned Green Beans
Cucumber Wheels w/ dip



Cherry Ice
Juice Cup
Milk



Valentine's
Day isn't just
for sweethearts!
On February 14, tell
everybody who's close
to you that you love them!

Be sure to enjoy our Valentine's
Lunch on Friday, February 13
IT'S SO YUMMY!

No Fees!

www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. 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
My School Bucks



Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.

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



Monday, February 16

Breakfast

WG Turkey Sausage
Breakfast Square; Fruit
100% Fruit; Milk

Lunch

Chicken Fillet /WG Bun
Or Texas BBQ/ WG Bun
Pinto Beans
Golden Corn
Assorted Fruit Choices
Milk

Tuesday, February 17

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Lunch

Chicken Nuggets Or
Sliced Turkey w/gravy
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wednesday, February 18

Breakfast

Pillsbury Pancakes; Fruit
100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge Or
PBJ Sandwich
Fresh Garden Salad
Oven Roasted Red
Potatoes & Baby Carrots
Assorted Fruit Choices
Milk

Thursday, February 19

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Brunch for Lunch

Cheesy scrambled Eggs w/
Sausage Link or
Chicken Pattie;
Crisp Potato Coins
Baked Apples
"Buttered" Toast
Milk

Friday, February 20

Breakfast

Yogurt; Muffin; Fruit
100% Juice; Milk

Lunch

Potato Crusted Fish Fillet
Or Crisp Corn Dog
Creamy Sweet Potatoes
Broccoli w/ cheese
100% Juice
Bakery Dinner Roll
Milk
WG Choc Chip Cookie

Monday, February 23

Breakfast

Flapstick; Fruit of Choice
100% Juice; Milk

Lunch

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

Tuesday, February 24

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Lunch

Popcorn Chicken Or
Sliced Turkey w/ Gravy
Mashed Potatoes
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wednesday, February 25

Breakfast

Chicken Biscuit; Fruit
100% Juice; Milk

Lunch

Cheesy Pizza Sticks w/
Marinara Sauce
Or Deli Sandwich
Romaine Salad
w/cherry tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, February 26

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Lunch

Turkey Taco/ WG soft shell
w/cheese, shr lettuce Or
Meat & Cheese Roll-up
Golden Corn
Cucumber Wheels w/ dip
Assorted Fruit Choices
Milk

Friday, February 27

Breakfast

WG Turkey Sausage
Breakfast Square; Fruit
100% Fruit; Milk

Lunch

Chicken Fillet /WG Bun
Or Texas BBQ/ WG Bun
Oven French Fries
Mixed Vegetables
100% Juice
Milk



PRINTED MENUS FOR MARCH

Visit www.lcsedu.net for your menu.

Beginning March 2015, the School Nutrition Program will no longer provide a printed menu for every elementary student. We will provide each elementary school office with a limited number of menus for those students who are unable to print a copy at home.

Parents are also welcome to contact the school nutrition office for a take home copy. **434-515-5062**



For many of us, especially kids, time in front of the TV is automatically snacking time. In fact, research shows that kids who cut their screen time (including TV, video games, and playing/surfing on the computer) also cut their body fat. Kids who cut screen time snack less, so they take in fewer calories AND they're more active, so they burn more calories.

