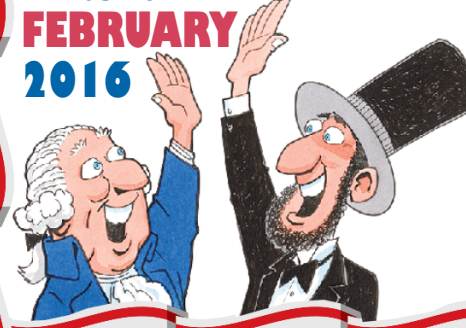


**MENUS FOR
FEBRUARY
2016**

**LYNCHBURG
CITY SCHOOLS
ELEMENTARY
SCHOOL
MENUS**



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



**FEBRUARY
BIRTHDAYS**

Celebrating African-American History Month!

- Langston Hughes -- Feb. 1
- Rosa Parks -- Feb. 4
- Hank Aaron (82) -- Feb. 5
- Alice Walker (72) -- Feb. 9
- Frederick Douglass -- Feb. 14
- Rihanna (28) -- Feb. 20

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>



**Weekly Breakfast
Menus**

February 1–5

Monday: Cereal & Grahams
Tues: Breakfast Chicken Sandwich
Wednesday: Cereal & Grahams
Thursday: Pillsbury WG Mini Cinnis
Friday: Breakfast Quesadilla

Feb 8–12 & Feb 22-26

Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: Pillsbury WG Mini Pancakes
Thursday: Cereal & Grahams
Friday: WG Flap Stick

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

Monday, February 1

Lunch Entrées
(Choose 1)

Chicken Nuggets w/WG Dinner Roll
Hot Dog on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Southern Baked Beans
Steamed Mixed Vegetables
Juicy Sliced Oranges

Tuesday, February 2

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Crispy Tater Rounds
V-Blend Juice
Cinnamon Baked Apples

Wednesday, February 3

Lunch Entrées
(Choose 1)

Cheesy Turkey Nachos
Chicken Fajita on Soft Tortilla
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Golden Sweet Corn
Refried Beans
Shredded Lettuce & Tomato Salsa
Fresh Apple Slices

Thursday, February 4

Lunch Entrées
(Choose 1)

Toasted Cheese Sandwich
Crispy Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Chicken Vegetable Soup
Romaine Garden Salad
Chilled Diced Peas

Friday, February 5

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli
Shoe String Oven Fries
Chilled Diced Peaches

Monday, February 8

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Succotash (Limas & Corn)
Creamy Cole Slaw
Lettuce & Sliced Tomato
Chilled Mixed Fruit

Tuesday, February 9

Lunch Entrées
(Choose 1)

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

Lunch Sides
(All Included)

Green Beans
Mashed Potatoes w/Gravy
Chilled Applesauce

Wednesday, February 10

Lunch Entrées
(Choose 1)

Max Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Campbell's Tomato Soup
Romaine Garden Salad
Fresh Apple Slices

Thursday, February 11

Lunch Entrées
(Choose 1)

Chicken Tenders
Turkey Taco w/Cheddar Cheese
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli Florets
Seasoned Pinto Beans
Shredded Lettuce & Tomato Salsa
Mandarin Orange Sections

Friday, February 12

Lunch Entrées
(Choose 1)

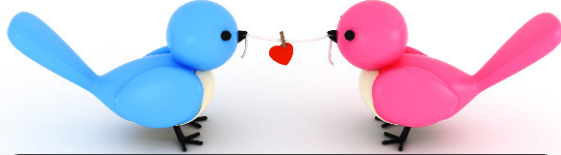
Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Fresh Carrot & Celery Sticks
Crispy Tater Rounds
Chilled Pineapple Tidbits

POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.

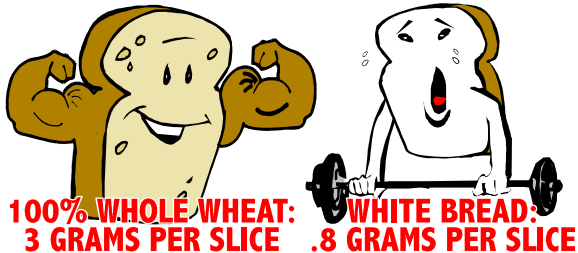


EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's on **YOUR** plate?

Powerhouse!



Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

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

Monday, February 15

Presidents' Day



No School Today

Tuesday, February 16

Winter Break
No School Today

Wednesday, February 17

INTERSESSION MENUS

Breakfast
Cereal & Grahams
Fruit Juice & Milk

Lunch
MAX Sticks w/Pizza Sauce
Or
Jamwich PB&J Combo Meal

Crispy Tater Tots
Chilled Applesauce Milk

Thursday, February 18

Breakfast
Cereal & Grahams
Fruit Juice & Milk

Lunch
Chicken Tenders
Or
Jamwich PB&J Combo Meal

Seasoned Potato Wedges
Mandarin Orange Sections
Milk

Friday, February 19

Breakfast
Cereal & Grahams
Fruit Juice & Milk

Lunch
Pizza Slice
Or
Jamwich PB&J Combo Meal

Shoe String Oven Fries
Pineapple Tidbits
Milk

Monday, February 22

Lunch Entrées
(Choose 1)

Chicken Nuggets
Pork BBQ Ribette on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Southern Baked Beans
Creamy Cole Slaw
Juicy Sliced Oranges

Tuesday, February 23

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Hash Brown Patty
V-Blend Juice
Cinnamon Baked Apples

Wednesday, February 24

Lunch Entrées
(Choose 1)

Cheesy Turkey Nachos
Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Golden Sweet Corn
Shoe String Oven Fries
Fresh Apple Slices

Thursday, February 25

Lunch Entrées
(Choose 1)

Toasted Cheese Sandwich
Crispy Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Chicken Vegetable Soup
Romaine Garden Salad
Chilled Diced Pears

Friday, February 26

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Chicken Fajita on Soft Tortilla
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli
Baby Carrots w/Ranch Dip
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Monday, February 29

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Succotash (Limas & Corn)
Creamy Cole Slaw
Lettuce & Sliced Tomato
Chilled Mixed Fruit



IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

GOT ALL THAT?