

# Menus for February 2018

## Lynchburg City Schools Laurel Regional School Menus

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



Monday, February 5

### Lunch Entrée

Breaded Pork Steak on Bun

### Lunch Sides

(All Included)

Mashed Potatoes w/Gravy

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, February 6

### Lunch Entrée

Corn Dog Nuggets

### Lunch Sides

(All Included)

Sweet Potatoes

V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, February 7

### Lunch Entrée

Baked Chicken w/Corn Muffin

### Lunch Sides

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, February 8

### Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

### Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Sliced Peaches

1% or Fat Free Milk

Friday, February 9

### Lunch Entrée

Pizza Slice

### Lunch Sides

(All Included)

Home Made Chicken & Vegetable Soup

Seasoned Potato Wedges

Applesauce

1% or Fat Free Milk



## WEEKLY BREAKFAST MENU

Monday: Breakfast Chicken Slider

Tuesday: Cereal & String Cheese

Wed: Kellogg's WG Mini Pancakes

Thursday: Cereal & String Cheese

Friday: Yogurt & Vanilla Grahams

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

## MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.



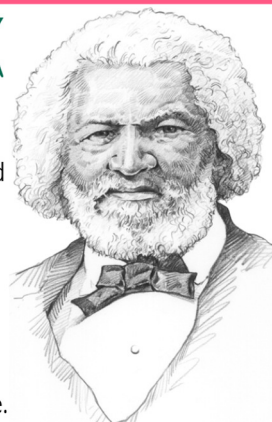
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



Every complete meal  
we serve comes with  
your choice of milk!

## FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



## AFRICAN AMERICAN HISTORY MONTH

Want to know more? Search for "Frederick Douglass" on-line.



**Monday, February 12**

**Lunch Entrée**

Chargrilled Beef Patty on WG Bun

**Lunch Sides**

(All Included)

Green Beans

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free Milk

**Tuesday, February 13**

**Lunch Entrée**

BBQ Pork Rib Sandwich

**Lunch Sides**

(All Included)

Southern Style Baked Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

**Wed., February 14**

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes

**"Sunset Sip" V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**Thursday, February 15**

**Lunch Entrée**

Spaghetti & Meatballs w/Bread Stick

**Lunch Sides**

(All Included)

Green Beans

Romaine Garden Salad

Sliced Peaches

1% or Fat Free Milk

**Friday, February 16**

**Lunch Entrée**

Pizza Slice

**Lunch Sides**

(All Included)

Home Made Turkey & Vegetable Soup

Seasoned Potato Wedges

Applesauce

1% or Fat Free Milk

**Monday, February 19**

**Lunch Entrée**

Cheesburger Meatloaf on WG Bun

**Lunch Sides**

(All Included)

Mashed Potatoes w/Gravy

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

**Tuesday, February 20**

**Lunch Entrée**

Corn Dog Nuggets

**Lunch Sides**

(All Included)

Sweet Potatoes

**V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**Wed., February 21**

**Lunch Entrée**

Baked Chicken w/Corn Muffin

**Lunch Sides**

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

**Thursday, February 22**

**Lunch Entrée**

Mac & Cheese w/Bread Stick

**Lunch Sides**

(All Included)

Seasoned Pinto Beans

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

**Friday, February 23**

**Lunch Entrée**

Pizza Crunchers

**Lunch Sides**

(All Included)

Campbell's Tomato Soup

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

**Monday, February 26**

**Lunch Entrée**

Chargrilled Beef Patty on WG Bun

**Lunch Sides**

(All Included)

Green Beans

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free Milk

**Tuesday, February 27**

**Lunch Entrée**

BBQ Pork Rib Sandwich

**Lunch Sides**

(All Included)

Southern Style Baked Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

**Wed., February 28**

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes

**"Sunset Sip" V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**YEAR OF THE DOG  
2018**

The Chinese  
New Year  
begins with  
the new  
moon on  
February 16.  
2018 is the  
year of the  
Dog.



**PORTRAITS OF  
SPECTACULAR  
Athletes**



**Winter Olympics  
February 9-25  
PyeongChang,  
South Korea**



*Photo by Brett Wilhelm/ESPN*

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

**CHLOE KIM**

**NUTRITION TO GO**

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

**A QUICK BITE FOR PARENTS**