



Lynchburg City Schools Elementary Menu

Miss the bag? Use it on the weekend!

The rest of the week, we've got you covered, with tasty, nutritious meals that are here for your kids every school day. With the cost of feeding a family these days, our meals are a bigger bargain than ever. Convenient, economical, healthy School Meals. You can brown bag it on the weekends -- *we won't tell!*

Breakfast
\$1.05 **Lunch**
\$2.00

Get in touch with us today to learn more about free and reduced-price meals in our district:
 434-515-5064 or sprinklemlk@lcsedu.net



GREAT STARTS.



A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

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

| Monday, January 6 | Tuesday, January 7 | Wednesday, January 8 | Thursday, January 9 | Friday, January 10 |
|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast Cereal; WG Breakfast Bar | Breakfast Maple French Toast Fruit of Choice | Breakfast Cereal; Grahams | Breakfast Egg & Cheese Biscuit | Breakfast Yogurt; Muffin |
| Lunch Crispy Corn Dog or Fish Sticks w/ bakery roll Golden Corn Cheesy Pintos Assorted Fruit Choices | Lunch Popcorn Chicken or Sliced Ham Creamy Mashed Potatoes Fresh Frozen Peas Assorted Fruit Choices Fresh Baked Wheat Roll | Lunch Assorted Pizza or Turkey Combo / WG Bun Garden Salad with Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices | Lunch Crisp Chicken Fillet or Turkey & Cheese/ WG Bun Baked Sweet Potato Broccoli w/ cheese Assorted Fruit Choices | Lunch Local 100% Beef Cheeseburgers/ WG Bun Or Texas BBQ /WG Bun Lettuce & Tomato Oven Baked French Fries Fresh Baby Carrots w/ dip Assorted Fruit Choices |

| Monday, January 13 |
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| Breakfast WG Breakfast Square with Turkey Sausage |
| Lunch Hot Dog /WG Bun or Meatballs w/ cheese /WG Bun Home-style Baked Beans Crisp Cole Slaw Assorted Fruit Choices |

| Tuesday, January 14 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast Cereal; Grahams Fresh Banana |
| Lunch Oven Baked Chicken or Sliced Ham Creamy Mashed Potatoes Glazed Carrots Assorted Fruit Choices Fresh Baked Wheat Roll |

| Wednesday, January 15 |
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| Breakfast Flapstick; Fresh Orange Smiles :o) |
| Lunch Cheesy Pizza Sticks w/ Marinara Sauce or PBJ Uncrustable Romaine Salad w/ tomatoes Hot Vegetable of Choice Assorted Fruit Choices |

| Thursday, January 16 |
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| Breakfast Sausage Biscuit |
| Lunch Beef Taco on soft shell w/ grated cheese; shr. lettuce Turkey & Cheese roll-up Golden Corn Seasoned Green Beans Frozen Fruit Icee |

| Friday, January 17 |
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| Breakfast Yogurt; Grahams |
| Early Dismissal Lunch PBJ Uncrustable or Ham & Cheese/ WG Bun Raisins Fruit/Veggie Juice WG Oatmeal Apple Bar |

First things First

BREAKFAST @SCHOOL

For first-class learning!

Check out our Website for
on-line meal account payments
www.myschoolbucks.com

You may view your child's account
balance and obtain a 60 day print out
of your child's activity at no cost.
You may also add to your child's
meal account via a credit card for a
small on-line fee.



-MARTIN LUTHER KING, JR.

Monday, January 20
MLK Day
No School Today

Tuesday, January 21

Professional Development Day

Students do not Attend



Wednesday, January 22

Breakfast
Cereal; Grahams

Lunch
Cheesy Pizza Sticks w/
Marinara Sauce or
PBJ Uncrustable
Mixed Vegetables
Black-eyed Peas
Assorted Fruit Choices

Thursday, January 23

Breakfast

January Birthday Lunch

Chicken Vegetable Soup
Toasted Cheese Sandwich
Fresh Carrots w/dip
"Happy Birthday" Fruit
Juice Ice Cup



Friday, January 24

Breakfast

Lunch

Chicken Salad/ WG Croissant Or
Turkey Combo/ WG Croissant
Lettuce & Tomato
Fresh Baked Potato
Fresh Broccoli Salad
Assorted Fruit Choices

Monday, January 27

Breakfast

WG Breakfast Square with
Turkey Sausage

Lunch

Hot Dog /WG Bun or
Meatballs w/ cheese /WG Bun
Home-style Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices

Tuesday, January 28

Breakfast

Cereal; Grahams;
Fresh Banana

Lunch

Chicken Nuggets or
Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, January 29

Breakfast

Yogurt; WG Muffin

Lunch

Assorted Pizza Slices or
Deli Turkey Combo/ WG Bun
Fresh Garden Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, January 30

Breakfast

Canadian Turkey Ham & Egg
on English Muffin

Lunch

Beef Spaghetti w/Meat Sauce
Or Roasted Turkey
Turnip Greens
Fresh Tropical Fruit Salad
Garlic Bread

Friday, January 31

Breakfast

Flapstick; Fresh Orange
Smiles :o)

Lunch

Local 100% Beef
Cheeseburgers/ WG Bun
Or Texas BBQ /WG Bun
Lettuce & Tomato
Sweet Potato French Fries
Fresh Cucumber w/ dip
Assorted Fruit Choices

School Nutrition will continue to celebrate birthdays for all students born in January. Each lunch served on the designated day will include a "Happy Birthday" Ice Cup (also available at no charge to those birthday students who pack their lunch.) This product is 100% juice, with no added sugars and no dyes. We believe this will be a healthier option to celebrate birthdays without cake and extra sugary treats in the classroom. We think our students will LOVE the Ice Cup and we hope you will join us in our effort to provide ALL students with a fun, healthier way to celebrate birthdays.



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136(Spanish). USDA is an equal opportunity provider and employer."

Choice of milk served with all complete meals:

Skim & 1% white and fat free flavored milk

100% Fruit Juice 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



The Chinese New Year begins with the new moon on January 31st. 2014 is the year of the Horse.

