

**BASS ELEMENTARY
SCHOOL MENU**

USDA is an equal opportunity provider and employer.

menus for
January 2015

USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER

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.

SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

Monday, January 5

Breakfast

Cereal; Grahams; Fruit
100% Fruit Juice; Milk

Lunch

Crispy Mini Corn Dogs Or
Meatballs w/ Cheese
"Buttered" Bread
Creamy Sweet Potatoes
Mixed Vegetables
Assorted Fruit Choices
Milk

Tuesday, January 6

Breakfast

Cinnamon French Toast;
Fruit; 100% Juice; Milk

Lunch

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

Wednesday, January 7

Breakfast

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

Lunch

Assorted Pizza Wedge Or
PBJ Sandwich w/cheese stick
Fresh Romaine Salad
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, January 8

Breakfast

Sausage Biscuit; Fruit
100% Juice; Milk

Lunch

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

Friday, January 9

Breakfast

Cereal; Grahams; Fruit
100% Fruit Juice; Milk

Lunch

NEW -Crispy Fish Bites!
Bakery Wheat Roll Or
Ham & Cheese / WG Bun
Pinto Beans
Broccoli w/ cheese
100% Fruit/Veggie Juice
Choc Chip Cookie
Milk

Monday, January 12

Breakfast

Cereal; Grahams; Fruit
100% Fruit Juice; Milk

Lunch

Cheeseburger/ WG Bun Or
Chicken Fillet / WG Bun
Crisp Potato Wedges
Seasoned Green Beans
Assorted Fruit Choices
Milk

Tuesday, January 13

Breakfast

Cinnamon French Toast;
Fruit; 100% Juice; Milk

Lunch

Chicken Fajita, Brown Rice
Or Sliced Turkey
Mixed Vegetables
Golden Corn
Assorted Fruit Choices
Fresh Baked Wheat Roll
WG Choc Chip Cookie
Milk

Wednesday, January 14

Breakfast

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

Lunch

Cheesy Pizza Sticks
With Marinara Sauce Or
Deli Sandwich w/ cheese
Crisp Garden Salad
w/ Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, January 15

Breakfast

Ham or Turkey Roll; Fruit
100% Fruit Juice; Milk

Lunch

Spaghetti w/ Meat Sauce
Or Turkey & Cheese Roll-up
Turnip Greens
Fresh Baby Carrots w/ dip
Assorted Fruit Choices
Garlic WG Toast
Milk

Friday, January 16

Breakfast

Yogurt; Grahams; Fruit
100% Fruit Juice; Milk

Lunch

Hot Dog/ WG Bun
with/without Chili Or
Meatballs/ WG Bun
Home-Style Baked Beans
Crunchy Cole Slaw
100% Fruit/Veggie Juice
Milk

**Finally, a New Year's
resolution
that's easy
to keep!**

The meals we serve at school offer all kids a convenient, economical, and healthy alternative for their school-day nutrition.

So why not resolve to take advantage of this great service every day? This New Year, do your kids -- and your family budget -- a favor. Encourage your kids to join us for breakfast and lunch at school every day!



Breakfast **Lunch**
\$1.15 **\$2.25**

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

Martin Luther King Jr's Birthday

January



Tuesday, January 20

Professional Development Day

Students Do Not Attend

Wednesday, January

Breakfast

Sausage Biscuit; Fruit
100% Fruit Juice; Milk

Lunch

Cheesy Pizza Sticks
With Marinara Sauce Or
PBJ w/ cheese Stick
Crisp Garden Salad
w/ Cherry Tomatoes
Mixed Vegetables
Assorted Fruit Choices
Milk

Thursday, January 22

Breakfast

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

Birthday Lunch

Chicken Vegetable Soup
Toasted **Goldfish** Cheese
Sandwich
Or Deli Sandwich
Baby Carrots w/ dip
"Happy Birthday" Frozen
Juice Cup
Milk

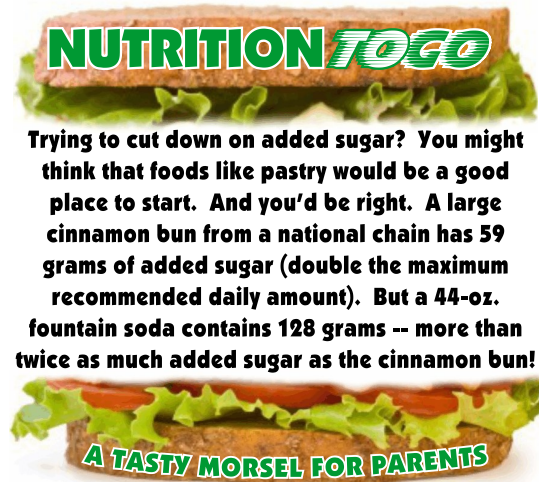
Friday, January 23

Breakfast

Ham Roll; Fruit
100% Fruit Juice; Milk

Lunch

NEW -Crispy Fish Bites!
Or Crisp Pork Chop
Creamy Sweet Potatoes
Broccoli w/ cheese
100% Fruit/Veggie Juice
Fresh Baked Wheat Roll
Elf Graham Cookies
Milk



Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you'd be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!

Monday, January 26

Breakfast

Cereal; Grahams; Fruit
100% Fruit Juice; Milk

Lunch

Hot Dog/ WG Bun
with/without Chili Or
Meatballs/ WG Bun
Crisp Potato Wedges
Crunchy Cole Slaw
Assorted Fruit Choices
Milk

Tuesday, January 27

Breakfast

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

Lunch

Chicken Nuggets Or
Turkey and Gravy;
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wednesday, January

Breakfast

Pillsbury Pancakes; Fruit
100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge Or
PBJ Sandwich w/cheese stick
Fresh Romaine Salad
Oven Roasted Red
Potatoes & Baby Carrots
Assorted Fruit Choices
Milk

Thursday, January 29

Breakfast

Yogurt; Muffin; Fruit
100% Fruit Juice; Milk

Lunch

Honey BBQ Rib / WG Bun
Or House Made *Chicken Salad* /WG Croissant;
Baked Fresh Sweet Potato
Broccoli w/ cheese
Assorted Fruit Choices
Milk

Friday, January 30

Breakfast

Turkey Bacon Cheese
Toast; Fruit
100% Fruit Juice; Milk

Lunch

Turkey Taco/ soft WG Shell
w/ Cheese, lettuce, &
tomatoes
Or Ham & Cheese Wrap
Golden Corn; Pinto Beans
100% Fruit/Veggie Juice
Milk



PARENTS—PLEASE NOTE: PRINTING OF MONTHLY ELEMENTARY MENUS

Beginning the month of **March 2015**, the School Nutrition Program will no longer print Elementary menus to go home with each student. Menus for both elementary and secondary schools are posted each month on the School Division Website and are available to print in color for home use. In today's digital age, this allows for a better use of school funds. If at any time, your household would like to receive a printed menu, please contact the School Nutrition Office at 515-5061 and we will make certain a copy is sent. (www.lcsedu.net - On homepage under Quick Links on left, click on School Lunch Menus)

Don't forget to use www.myschoolbucks.com to view your child's meal account and add funds for meals or occasional treats. Never any Fees!



Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their meal.
- If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of a cheese sandwich or cheese crackers, fruit and a carton of white milk.
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.
- Please keep in touch with your cafeteria manager or call the School Nutrition Office at 515-5061 if you have any questions or concerns.