

**LYNCHBURG CITY  
SCHOOLS ELEMENTARY  
MENU**

USDA is an equal opportunity provider and employer.



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**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.

**WG—Whole Grains**

Menus are subject to change without notice.

**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  
*Home-style Baked Beans*  
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  
Crisp Potato Coins  
Assorted Fruit Choices  
Garlic WG Toast  
Milk

**Friday, January 16**

**Breakfast**  
Yogurt; Grahams; Fruit  
100% Fruit Juice; Milk

**Early Dismissal Day**  
**Lunch**  
Corn Dog  
Or PBJ Sandwich  
Fresh Baby Carrots w/dip  
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](mailto:sprinklemlk@lcsedu.net)

**Martin Luther King Jr's  
Birthday**

**January 19  
No School**



**Tuesday, January 20**

**Professional  
Development  
Day**

**Students  
Do Not  
Attend**

**Wednesday, January 21**

**Breakfast**

Ham Roll; 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

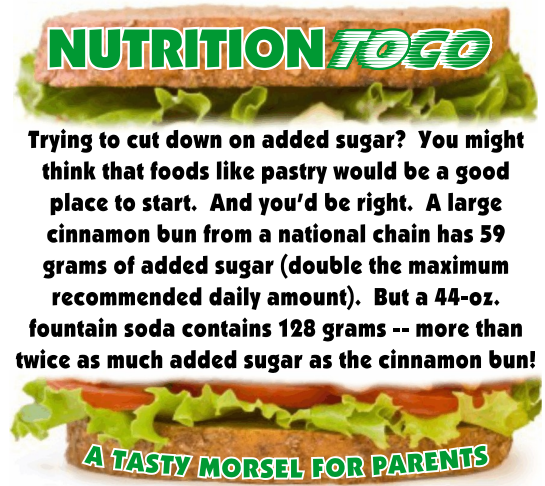
**Friday, January 23**

**Breakfast**

Sausage Biscuit; 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



**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 28**

**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](http://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.