

Welcome to the New Year!

2016

Menus for January

Lynchburg City Schools—Elementary School Menus

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

STUCK.

We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!



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

LICENSE TO KRILL

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



ANIMAL APPETITES

Monday, January 4

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Texas Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Seasoned Pinto Beans
Creamy Cole Slaw
Chilled Mixed Fruit

Tuesday, January 5

Lunch Entrées
(Choose 1)

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

Lunch Sides
(All Included)

Green Beans
Mashed Potatoes w/Gravy
Lettuce & Sliced Tomato
Chilled Applesauce

Wednesday, January 6

Lunch Entrées
(Choose 1)

Southwest Chili w/Beans & Baked Scoops
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Seasoned Potato Wedges
Corn & Edamame Salad
Mandarin Orange Sections

Thursday, January 7

Lunch Entrées
(Choose 1)

Chicken Tenders w/Garlic Bread Stick
Beef-A-Roni w/Garlic Bread Stick
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli Florets
Tender Glazed Carrots
Fresh Apple Slices

Friday, January 8

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)

Succotash (Limas & Corn)
Crispy Tater Rounds
Chilled Pineapple Tidbits

Monday, January 11

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, January 12

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, January 13

Lunch Entrées
(Choose 1)

Cheesy Beef 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, January 14

Lunch Entrées
(Choose 1)

Spaghetti & Meat Sauce w/Garlic Bread
Crispy Fish Shapes w/Garlic Bread
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

California Vegetable Medley
Romaine Garden Salad
Chilled Sliced Pears

Friday, January 15

EARLY DISMISSAL (12:15 PM)

Lunch Entrées
(Choose 1)

Turkey & Cheese Slider w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Fresh Baby Carrots
Crunchy Green Pepper Strips
Amazin' Raisins or Applesauce

Weekly Breakfast Menus

Jan 4—8 & Jan 20—22

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

Jan 11—15 & Jan 25—29

Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: Pillsbury WG Mini Pancakes
Thursday: Cereal & Grahams
Friday: Ham & Egg Breakfast Roll

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



THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 18
MLK Day
 No School Today

Tuesday, January 19



No School

Wednesday, January 20

Lunch Entrées
 (Choose 1)
 Corn Dog Nuggets
 Pork BBQ Rib on WG Bun
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 Seasoned Pinto Beans
 Creamy Cole Slaw
 Chilled Mixed Fruit

Thursday, January 21

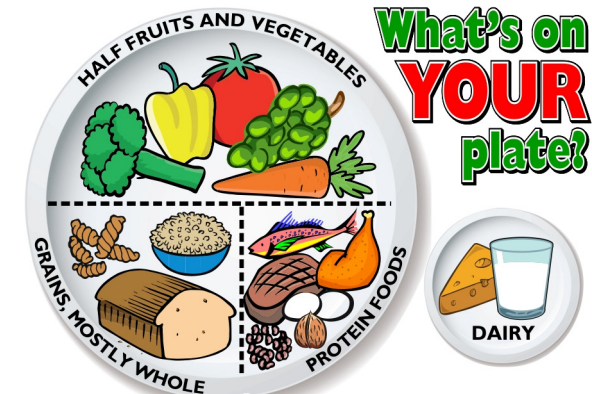
Lunch Entrées
 (Choose 1)
 Chicken Tenders w/Garlic Bread Stick
 Beef-A-Roni w/Garlic Bread Stick
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 Steamed Broccoli Florets
 Tender Glazed Carrots
 Fresh Apple Slices

Friday, January 22

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)
 Succotash (Limas & Corn)
 Crispy Tater Rounds
 Chilled Pineapple Tidbits



What's on YOUR plate?

Put me in my place!
Is the tomato a fruit or a vegetable?

Monday, January 25

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, January 26

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, January 27

Lunch Entrées
 (Choose 1)
 Cheesy Beef 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, January 28

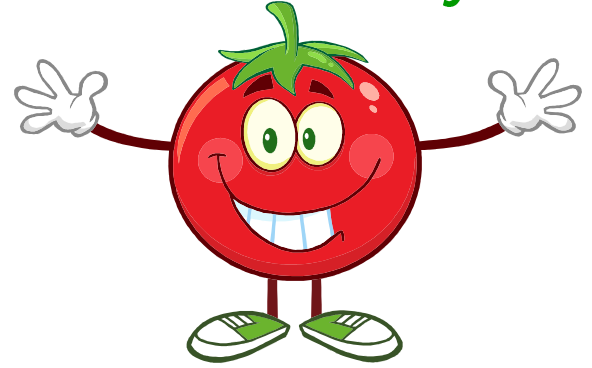
Lunch Entrées
 (Choose 1)
 Spaghetti & Meat Sauce w/Garlic Bread
 Crispy Fish Shapes w/Garlic Bread
 Jamwich PB&J Combo Meal

Lunch Sides
 (All Included)
 California Vegetable Medley
 Romaine Garden Salad
 Chilled Sliced Pears

Friday, January 29

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



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

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

HELP!

We need folks like you to work in our school restaurants. Good hours, great folks, and the chance to prepare and serve meals that help kids stay ready to learn.

Apply on line at www.lcsedu.net

First things First

BREAKFAST @SCHOOL

For first-class learning!

NUTRITION TO GO

Pineapples are picked ripe and do not ripen further after picking. There's no sure way to tell that a whole pineapple is sweet -- although fresh, deep green crown leaves are a good sign. Most grocery stores now carry vacuum-packed pineapples that are already cored and shelled -- buying these saves you some work and avoids surprises.

A TASTY MORSEL FOR PARENTS