

Welcome to the New Year!

2016

Menus for January

Lynchburg City Schools—Hutcherson Early Learning Center

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!

I am the letter



hat

Monday, January 4

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
or
Jamwich PB&J

Lunch Sides
(All Included)

Seasoned Pinto Beans
Creamy Cole Slaw
Chilled Mixed Fruit

Tuesday, January 5

Lunch Entrées
(Choose 1)

Cheeseburger on WG Bun
or
Jamwich PB&J

Lunch Sides
(All Included)

Green Beans
Mashed Potatoes w/Gravy
Chilled Applesauce

Wednesday, January 6

Lunch Entrées
(Choose 1)

Southwest Chili w/Beans & Tortilla Chips
or
Jamwich PB&J

Lunch Sides
(All Included)

Seasoned Potato Wedges
Corn & Edamame Salad
Mandarin Orange Sections

Thursday, January 7

Lunch Entrées
(Choose 1)

Beef-A-Roni
or
Jamwich PB&J

Lunch Sides
(All Included)

Steamed Broccoli Florets
Tender Glazed Carrots
Fresh Apple Slices

Friday, January 8

Lunch Entrées
(Choose 1)

Cheese Pizza Wedge
or
Jamwich PB&J

Lunch Sides
(All Included)

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

Monday, January 11

Lunch Entrées
(Choose 1)

Chicken Nuggets
or
Jamwich PB&J

Lunch Sides
(All Included)

Southern Baked Beans
Steamed Mixed Vegetables
Chilled Applesauce

Tuesday, January 12

Lunch Entrées
(Choose 1)

Breakfast for Lunch
or
Jamwich PB&J

Lunch Sides
(All Included)

Crispy Tater Rounds
V-Blend Juice
Baked Apples

Wednesday, January 13

Lunch Entrées
(Choose 1)

Chicken Fajita on Soft Tortilla
or
Jamwich PB&J

Lunch Sides
(All Included)

Golden Sweet Corn
Refried Beans
Fresh Apple Slices

Thursday, January 14

Lunch Entrées
(Choose 1)

Crispy Fish Shapes
or
Jamwich PB&J

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
or
Jamwich PB&J

Lunch Sides
(All Included)

Fresh Baby Carrots
Crunchy Green Pepper Strips
Chilled Applesauce

Weekly Breakfast Menus

Jan 4—8 & Jan 20—22

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

Jan 11—15 & Jan 25—29

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

Breakfast includes:

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)
Pork BBQ Rib on WG Bun
or
Jamwich PB&J

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

Thursday, January 21

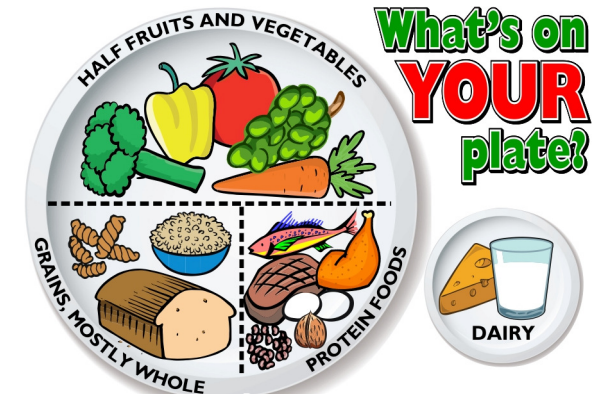
Lunch Entrées
(Choose 1)
Chicken Tenders
or
Jamwich PB&J

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

Friday, January 22

Lunch Entrées
(Choose 1)
Cheese Pizza Wedge
or
Jamwich PB&J

Lunch Sides
(All Included)
Succotash (Limas & Corn)
Crispy Tater Rounds
Chilled Pineapple Tidbits



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

Monday, January 25

Lunch Entrées
(Choose 1)
Hot Dog on WG Bun
or
Jamwich PB&J

Lunch Sides
(All Included)
Southern Baked Beans
Steamed Mixed Vegetables
Chilled Applesauce

Tuesday, January 26

Lunch Entrées
(Choose 1)
Hot Ham & Cheese on WG Bagel
or
Jamwich PB&J

Lunch Sides
(All Included)
Crispy Tater Rounds
V-Blend Juice
Baked Apples

Wednesday, January 27

Lunch Entrées
(Choose 1)
Cheesy Beef Nachos
or
Jamwich PB&J

Lunch Sides
(All Included)
Golden Sweet Corn
Refried Beans
Fresh Apple Slices

Thursday, January 28

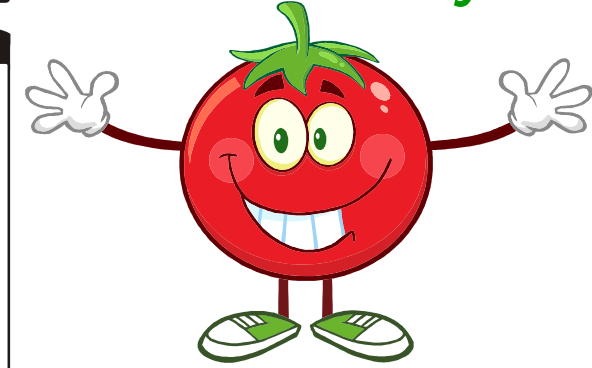
Lunch Entrées
(Choose 1)
Spaghetti & Meat Sauce
or
Jamwich PB&J

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

Friday, January 29

Lunch Entrées
(Choose 1)
Chicken Patty on WG Bun
or
Jamwich PB&J

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