

Menus for January

Lynchburg City Schools
Hutcherson ELC Menus



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

Available Daily for Lunch

Ham & Cheese Sandwich
Or
Turkey & Cheese Sandwich

Sandwiches made with
Pepperidge Farm Goldfish Bread

MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in

motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

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



Welcome Back!
We hope you enjoyed your break!

Tuesday, January 3

Lunch Entrée

Pork BBQ Flatbread Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans
Fresh Orange Wedges

1% or Fat Free White Milk

Wednesday, January 4

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
1/2 Fresh Banana

1% or Fat Free White Milk

Thursday, January 5

Lunch Entrée

Chicken Patty on WG Bun

Lunch Sides

(All Included)

California Vegetable Medley
Diced Peaches

1% or Fat Free White Milk

Friday, January 6

Lunch Entrée

Fun Fish Nuggets w/Corn Muffin

Lunch Sides

(All Included)

Crinkle Cut Oven Fries
Fresh Apple Slices

1% or Fat Free White Milk

WEEKLY BREAKFAST MENUS

JANUARY 3-6, 17-20 & 30-31

MONDAY: BREAKFAST CHICKEN SLIDER
TUESDAY: CEREAL & STRING CHEESE
WED: PILLSBURY WG MINI PANCAKES
THURSDAY: CEREAL & ELF GRAHAMS
FRI: YOGURT & GOLDFISH GRAHAMS

JANUARY 10-13 & 23-27

MONDAY: CEREAL & STRING CHEESE
TUESDAY: WG MUFFIN & YOGURT
WED: PILLSBURY WG MINI CINNIS
THURSDAY: PANCAKE & SAUSAGE BITES
FRIDAY: CEREAL & ELF GRAHAMS

BREAKFAST INCLUDES:
MILK & FRUIT JUICE

Monday, January 9

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Lima Beans
Diced Strawberries

1% or Fat Free White Milk

Tuesday, January 10

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans
Fresh Apple Slices

1% or Fat Free White Milk

Wednesday, January 11

Lunch Entrée

Shrimp Poppers

Lunch Sides

(All Included)

Green Beans
Mixed Fruit

1% or Fat Free White Milk

Thursday, January 12

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Steamed Broccoli
Applesauce

1% or Fat Free White Milk

Friday, January 13

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

California Vegetable Medley
Diced Strawberries

1% or Fat Free White Milk

Monday, January 16

Martin Luther King, Jr.

1929
1968



1964
Awarded
Nobel Peace
Prize

No School

Tuesday, January 17

Lunch Entrée
Pizza Dippers w/Marinara Sauce

Lunch Sides
(All Included)
Romaine Garden Salad
Diced Strawberries

1% or Fat Free White Milk

Wednesday, January 18

Lunch Entrée
Breakfast for Lunch

Lunch Sides
(All Included)
Seasoned Diced Potatoes
1/2 Fresh Banana

1% or Fat Free White Milk

Thursday, January 19

Lunch Entrée
Spaghetti & Meatballs

Lunch Sides
(All Included)
Fresh Broccoli Salad
Diced Peaches

1% or Fat Free White Milk

Friday, January 20

Lunch Entrée
Pizza Slice

Lunch Sides
(All Included)
Crunchy Baby Carrots
Applesauce

1% or Fat Free White Milk

Monday, January 23

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)
Golden Sweet Corn
Diced Strawberries

1% or Fat Free White Milk

Tuesday, January 24

Lunch Entrée
Chicken Tenders

Lunch Sides
(All Included)
Seasoned Pinto Beans
Fresh Apple Slices

1% or Fat Free White Milk

Wednesday, January 25

Lunch Entrée
Baked Chicken w/Corn Muffin

Lunch Sides
(All Included)
Green Beans
Mixed Fruit

1% or Fat Free White Milk

Thursday, January 26

Lunch Entrée
Hearty Harvest Stew

Lunch Sides
(All Included)
Romaine Garden Salad
Applesauce

1% or Fat Free White Milk

Friday, January 27

Lunch Entrée
Hot Ham & Cheese Flatbread

Lunch Sides
(All Included)
Campbell's Tomato Soup
Diced Peaches

1% or Fat Free White Milk

Monday, January 30

Lunch Entrée
Toasted Cheese Sandwich

Lunch Sides
(All Included)
Three Bean Chili
Crispy Tater Coins

1% or Fat Free White Milk

Tuesday, January 31

Lunch Entrée
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)
Southern Style Baked Beans
Fresh Orange Wedges

1% or Fat Free White Milk

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A TASTY MORSEL FOR PARENTS

YEAR OF THE ROOSTER

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.



鸡

2017

What's on YOUR plate?




He's the heavyweight champ, whether he's cooked . . .

OR RAW!

He'll give any other food a nutritional body slam, because he's . . .

THE BROCC



Can you name the powerful food we're describing and the famous person we're comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

чшампюи ашд асгои дваше „Тхе Брок“, тошшош
A: The food is broccoli and the person is T.Y. Time Pro Wrestling

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