

Menus for January

Lynchburg City Schools
Laurel Regional School Menus



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

Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
served w/ Assorted Breads

Grilled Chicken Fillet on WG Bun

Fruit Yogurt, String Cheese & Muffin
(Wednesdays)

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

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Wednesday, January 4

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Crispy Tater Coins

"Sunset Sip" V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Thursday, January 5

Lunch Entrée

Chicken Patty on WG Bun

Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Diced Peaches

1% or Fat Free Milk

Friday, January 6

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Steamed Carrots

Applesauce

1% or Fat Free Milk

WEEKLY BREAKFAST MENUS

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

MONDAY: BREAKFAST CHICKEN SLIDER

TUESDAY: CEREAL & STRING CHEESE

WED: KELLOGG'S WG MINI PANCAKES

THURSDAY: CEREAL & VANILLA GRAHAMS

FRI: YOGURT & VANILLA GRAHAMS

JANUARY 10-13 & 23-27

MONDAY: CEREAL & STRING CHEESE

TUESDAY: WG MUFFIN & YOGURT

WED: PILLSBURY WG FRUDEL

THURSDAY: PANCAKE & SAUSAGE BITES

FRIDAY: CEREAL & VANILLA GRAHAMS

BREAKFAST INCLUDES: MILK,
FRUIT JUICE & 1 SERVING OF FRUIT

Monday, January 9

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Campbell's Tomato Soup

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, January 10

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans

Sweet Potatoes

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, January 11

Lunch Entrée

Baked Chicken w/ Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, January 12

Lunch Entrée

Hearty Harvest Stew
w/ Bread Sticks

Lunch Sides

(All Included)

V-blend Juice

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

Friday, January 13

Lunch Entrée

Hot Ham & Cheese Flatbread

Lunch Sides

(All Included)

Campbell's Tomato Soup

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

Monday, January 16

Martin Luther King, Jr.

1929
1968



1964
Awarded Nobel Peace Prize

No School

Tuesday, January 17

Lunch Entrée
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)
Southern Style Baked Beans
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Wednesday, January 18

Lunch Entrée
Breakfast for Lunch

Lunch Sides
(All Included)
Crispy Tater Coins
"Sunset Sip" V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Thursday, January 19

Lunch Entrée
Spaghetti & Meatballs w/Bread Stick

Lunch Sides
(All Included)
Green Beans
Romaine Garden Salad
Diced Peaches

1% or Fat Free Milk

Friday, January 20

Lunch Entrée
Pizza Slice

Lunch Sides
(All Included)
Steamed Carrots
Crinkle Cut Oven Fries
Applesauce

1% or Fat Free Milk



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!)

champion and actor Dwayne "The Rock" Johnson
A: The food is broccoli and the person is T-Rex from Jurassic Park

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

Monday, January 23

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)
Campbell's Tomato Soup
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Tuesday, January 24

Lunch Entrée
Meatball Sub

Lunch Sides
(All Included)
Seasoned Pinto Beans
Sweet Potatoes
Fresh Whole Banana

1% or Fat Free Milk

Wednesday, January 25

Lunch Entrée
Grilled Chicken Fillet on WG Bun

Lunch Sides
(All Included)
Green Beans
Mashed Potatoes
Mixed Fruit

1% or Fat Free Milk

Thursday, January 26

Lunch Entrée
Chicken Nuggets w/Bread Stick

Lunch Sides
(All Included)
Romaine Garden Salad
V-blend Juice
Applesauce

1% or Fat Free Milk

Friday, January 27

Lunch Entrée
Hot Ham & Cheese Flatbread

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

1% or Fat Free Milk

Monday, January 30

Lunch Entrée
Toasted Cheese Sandwich

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

1% or Fat Free Milk

Tuesday, January 31

Lunch Entrée
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)
Southern Style Baked Beans
Romaine Garden Salad
Diced Pears

1% or Fat Free 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.

