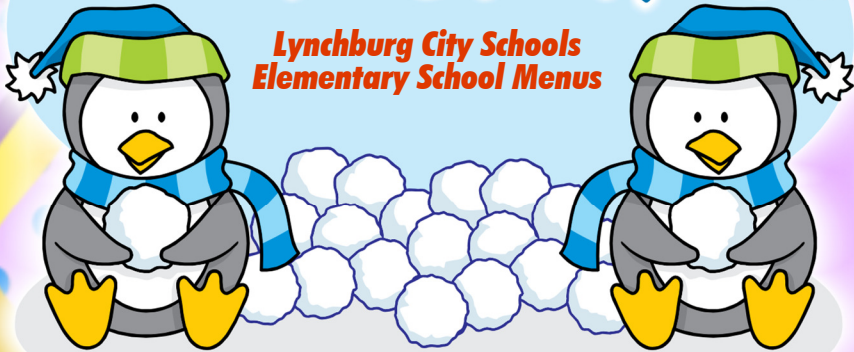


Menus for January 2018



**Lynchburg City Schools
Elementary School Menus**

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

Available Daily at Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad

offered w/CROUTONS

Choice of Milk

Lunch includes entrée, 2 servings of vegetables, 1 serving of fruit and choice of milk

NUTRITION TO GO

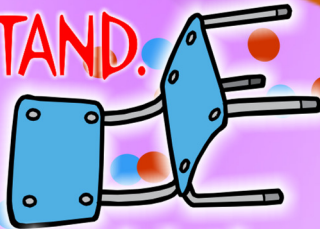
Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight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



**Happy
New Year
and Welcome
Back!
We hope you
enjoyed your
break!**

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

Tuesday, January 2

Lunch Entrées
(Choose 1)

Hot Ham & Cheese Sandwich

All Beef Hot Dog on WG Bun
Served with or without Chili

Lunch Sides
(All Included)

Crunchy Baby Carrots

Tasty Tater Coins

Applesauce

Wednesday, January 3

Lunch Entrées
(Choose 1)

Breakfast for Lunch

Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)

Seasoned Diced Potatoes

“Sunset Sip” V-Blend Juice

Cinnamon Baked Apples

Thursday, January 4

Lunch Entrées
(Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

Steamed Broccoli

Fresh Veggie Cup w/Ranch Dip

Blueberries w/Whipped Topping

Friday, January 5

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings

Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)

Seasoned Pinto Beans

Crinkle Cut Oven Fries

Chilled Diced Pears

Monday, January 8

Lunch Entrées
(Choose 1)

Toasted Cheese Sandwich

Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Campbell's Tomato Soup

Golden Sweet Corn

Chilled Mixed Fruit

Tuesday, January 9

Lunch Entrées
(Choose 1)

Shrimp Poppers w/Corn Bread Muffin

Honey BBQ Pork Rib Patty on Bun

Lunch Sides
(All Included)

Fresh Veggie Cup w/Ranch Dip

Southern Style Baked Beans

Cry Baby Frozen Fruit Cup

Wednesday, January 10

Lunch Entrées
(Choose 1)

Savory Roasted Chicken w/Roll

Italian Deli Sub

Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Quick Baked Potato

Steamed Sweet Green Peas

Blueberries w/Whipped Topping

Thursday, January 11

Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Amazing Macaroni & Cheese

Lunch Sides
(All Included)

Baby Carrot Fries

Steamed Broccoli

Juicy Sliced Apples

Friday, January 12

Lunch Entrées
(Choose 1)

Pizza Crunchers

Ham & Cheese Sub

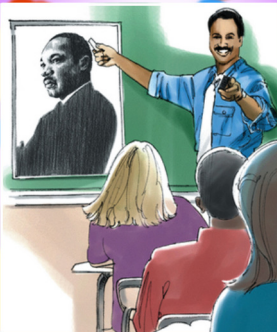
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Romaine Garden Salad

Seasoned Potato Wedges

Sliced Peaches



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Lunch Entrées
(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Bueno Beef Tacos
Served with Shredded lettuce & Tomato

Lunch Sides
(All Included)

Snappy Celery Sticks
Golden Sweet Corn
Applesauce

Wednesday, January 17

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Cinnamon Baked Apples

Thursday, January 18

Lunch Entrées
(Choose 1)

Spaghetti & Meatballs w/Breadstick
Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

Steamed Broccoli
Fresh Veggie Cup w/Ranch Dip
Blueberries w/Whipped Topping

Friday, January 19

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)

Seasoned Pinto Beans
Crinkle Cut Oven Fries
Chilled Diced Pears

NUTRITION TO GO

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Monday, January 22

Lunch Entrées
(Choose 1)

Toasted Cheese Sandwich
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Campbell's Tomato Soup
Golden Sweet Corn
Chilled Mixed Fruit

Tuesday, January 23

Lunch Entrées
(Choose 1)

Shrimp Poppers w/Corn Bread Muffin
Honey BBQ Pork Rib Patty on Bun

Lunch Sides
(All Included)

Fresh Veggie Cup w/Ranch Dip
Southern Style Baked Beans
Cry Baby Frozen Fruit Cup

Wednesday, January 24

Lunch Entrées
(Choose 1)

Savory Roasted Chicken w/Roll
Italian Deli Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Quick Baked Potato
Steamed Sweet Green Peas
Blueberries w/Whipped Topping

Thursday, January 25

Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato
Amazing Macaroni & Cheese

Lunch Sides
(All Included)

Baby Carrot Fries
Steamed Broccoli
Juicy Sliced Apples

Friday, January 26

Lunch Entrées
(Choose 1)

Pizza Crunchers
Ham & Cheese Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Romaine Garden Salad
Seasoned Potato Wedges
Sliced Peaches

Monday, January 29

Lunch Entrées
(Choose 1)

Breaded Pork Chop Patty on WG Bun
Cheeseburger Meatloaf on WG Bun
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Creamy Mashed Potatoes & Gravy
Green Beans
Applesauce

Tuesday, January 30

Lunch Entrées
(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Bueno Beef Tacos
Served with Shredded lettuce & Tomato

Lunch Sides
(All Included)

Snappy Celery Sticks
Home Made Vegetable Soup
Mandarin Orange Sections

Wednesday, January 31

Lunch Entrées
(Choose 1)

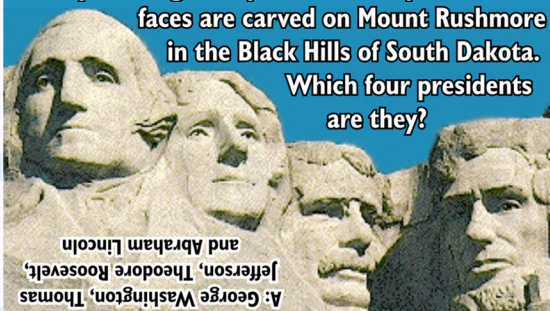
Breakfast for Lunch
Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Cinnamon Baked Apples

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?



A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln



You'll Need:

- ✓ an avocado seed
- ✓ a glass jar
- ✓ 3 toothpicks

Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- 1 Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- 2 Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- 3 When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- 4 Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.

