

Menus for January 2018



**Lynchburg City Schools
Fort Hill Community 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 Entrée Salad

served w/ Assorted Breads

Lunch Includes:

Entrée,

2 Vegetable Sides, 2 Fruit Sides & Milk

WEEKLY BREAKFAST MENU

Monday: PopTart & Yogurt

Tuesday: Pillsbury Mini Cinnis

Wed: Breakfast Chicken Slider

Thursday: Blueberry Crumb Cake

Friday: Bacon, Egg & Cheese Slider

Daily: Cereal and Grahams

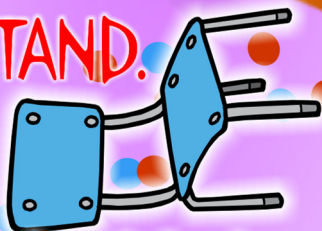
Breakfast includes: Milk,
Fruit Juice & 1 Serving of Fruit



*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

Entrée

BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans

Golden Sweet Corn

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Wednesday, January 3

Entrée

Breakfast for Lunch

French Toast Sticks, Grilled Egg Patty & Sausage

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 2)

Cinnamon Baked Apples

Fresh Whole Fruit

Thursday, January 4

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides

(Choose 2)

Steamed Broccoli

Creamy Cole Slaw

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Friday, January 5

Entrée

Pizza Slice

Vegetable Sides

(Choose 2)

Romaine Garden Salad

Seasoned Potato Wedges

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Monday, January 8

Entrée

Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides

(Choose 2)

Lima Beans

Mashed Potatoes & Gravy

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Tuesday, January 9

Entrée

Cheeseburger Meatloaf on Bun

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas

Golden Sweet Corn

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Wednesday, January 10

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides

(Choose 2)

Green Beans

Rosemary Red Skin Potatoes

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Thursday, January 11

Entrée

Mouth Watering Mac & Cheese

Offered w/Corn Muffin

Vegetable Sides

(Choose 2)

Steamed Broccoli

Seasoned Pinto Beans

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Friday, January 12

Entrée

Pizza Crunchers

Vegetable Sides

(Choose 2)

Romaine Garden Salad

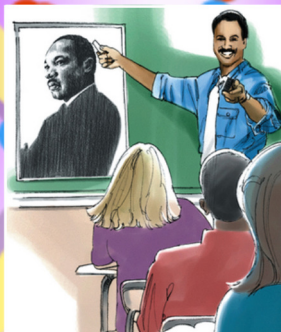
Crispy Tater Coins

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit



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

Tuesday, January 16

Entrée

BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans

Golden Sweet Corn

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Wednesday, January 17

Entrée

Breakfast for Lunch

French Toast Sticks, Grilled Egg Patty & Sausage

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Fruit Sides

(Choose 2)

Cinnamon Baked Apples

Fresh Whole Fruit

Thursday, January 18

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides

(Choose 2)

Steamed Broccoli

Creamy Cole Slaw

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Friday, January 19

Entrée

Pizza Slice

Vegetable Sides

(Choose 2)

Romaine Garden Salad

Seasoned Potato Wedges

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Monday, January 22

Entrée

Breaded Pork Steak w/Buttermilk Biscuit

Vegetable Sides

(Choose 2)

Lima Beans

Mashed Potatoes & Gravy

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Tuesday, January 23

Entrée

Cheeseburger Meatloaf on Bun

Vegetable Sides

(Choose 2)

Steamed Sweet Green Peas

Golden Sweet Corn

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Wednesday, January 24

Entrée

Breaded Chicken Fillet on WG Bun

Vegetable Sides

(Choose 2)

Green Beans

Rosemary Red Skin Potatoes

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Thursday, January 25

Entrée

Mouth Watering Mac & Cheese

Offered w/Corn Muffin

Vegetable Sides

(Choose 2)

Steamed Broccoli

Seasoned Pinto Beans

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Friday, January 26

Entrée

Pizza Crunchers

Vegetable Sides

(Choose 2)

Romaine Garden Salad

Crispy Tater Coins

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Monday, January 29

Entrée

Chargrilled Beef Patty on Bun
Offered with or without American Cheese

Vegetable Sides

(Choose 2)

Fresh Veggie Cup w/Ranch Dip

Crinkle Cut Oven Fries

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Tuesday, January 30

Entrée

BBQ Pork Rib Sandwich

Vegetable Sides

(Choose 2)

Southern Style Baked Beans

Golden Sweet Corn

Fruit Sides

(Choose 2)

Chilled Cupped Fruit

Fresh Whole Fruit

Wednesday, January 31

Entrée

Breakfast for Lunch
French Toast Sticks, Grilled Egg Patty & Sausage

Vegetable Sides

(Choose 2)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Fruit Sides

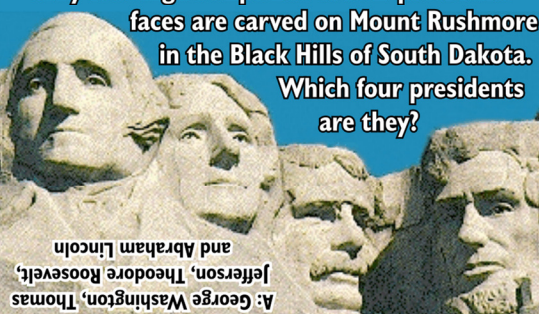
(Choose 2)

Cinnamon Baked Apples

Fresh Whole Fruit

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

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



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.

