



MENUS FOR JUNE 2017

Lynchburg City Schools

Elementary School Menus

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

Thursday, June 1

Lunch Entrées (Choose 1)

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

Lunch Sides (All Included)

Steamed Sweet Green Peas
Seasoned Pinto Beans
Fresh Apple Slices

Friday, June 2

Lunch Entrées (Choose 1)

Pizza Crunchers
Turkey & Cheese Deli Wrap

Lunch Sides (All Included)

Romaine Garden Salad
Crispy Tater Coins
Diced Freestone Peaches

Available Daily at Lunch

Smuckers PB&J
Uncrustable Combo Meal
Freshly Prepared Chef Salad
offered w/Croutons or Crackers
JIF Protein Pack
Combo Meal (Wednesdays)

Monday, June 5

Lunch Entrées (Choose 1)

Chicken Nuggets w/Pretzel Bites
100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Southern Baked Beans
Steamed Broccoli
Applesauce

Tuesday, June 6

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Breaded Pork Steak on WG Bun

Lunch Sides (All Included)

Romaine Garden Salad
California Vegetable Medley
Sweet Strawberry Cup
Fresh Orange Wedges

Wednesday, June 7

Lunch Entrées (Choose 1)

Italian Deli Sub
Corn Dog Nuggets

Lunch Sides (All Included)

Sliced Cucumber
"Sunset Sip" V-blend Juice
Fresh Apple Slices

Thursday, June 8

Manager's Choice



Today's Menu has been planned especially for you by the cafeteria manager!

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



A job in your child's school cafeteria allows you to be at home when your family needs you there. Call today for more information!

515-5060

NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



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

NUTRITION TO GO

Try not to reach for soda or other sugary sweet drinks when you're sweltering in the summer heat. A healthy diet should contain very little added sugar, but the average American takes in almost a cup of added sugar every day. And kids often consume more, mostly in drinks - a 20-ounce soda can contain a cup of sugar all by itself!



A TASTY MORSEL FOR PARENTS





SUMMER MEALS for KIDS & TEENS

Being served at ten locations
throughout Lynchburg

Open to all children 18 and younger

NO Enrollment, NO Cost!

| LOCATION/CONTACT | MEAL TIMES | DATES |
|--|-------------------------------------|--|
| BOYS & GIRLS CLUB (Madison St) Christine Goode—846-1111 | Breakfast—9:00 AM Lunch—12:00 PM | June 12—August 4 Monday—Friday |
| BOY'S & GIRLS CLUB (Jefferson Park) Herb Smith—841-8962 | Breakfast—9:00 AM Lunch—12:00 PM | June 12—August 4 Monday—Friday |
| BIRCHWOOD COMMUNITY CENTER Natalie Gaddis—485-7200 | Lunch—1:00 PM Snack—4:00 PM | June 12—August 4 Monday—Friday |
| JOHN HUGHES COMMUNITY CENTER Natalie Gaddis—485-7200 | Lunch—1:00 PM Snack—4:00 PM | June 12—August 4 Monday—Friday |
| LYNCHBURG PUBLIC LIBRARY Beverly Blair—455-6313 | Lunch—1:00 PM | June 19—July 28 Monday/Wednesday/Friday |
| COLLEGE HILL CENTER Jimmy Oliver—847-1418 | Lunch—12:30 PM Snack—3 :00 PM | June 19—August 4 Monday—Friday |
| DANIEL'S HILL CENTER Rory Lee-Washington—847-1396 | Breakfast—8:30 AM Lunch—12:30 PM | June 19—August 4 Monday—Friday |
| DIAMOND HILL CENTER Micky Ferguson—847-1409 | Breakfast—8:30 AM Lunch—12:30 PM | June 19—August 4 Monday—Friday |
| FAIRVIEW CENTER Sue Downs—847-1751 | Lunch—12:30 PM Snack—3 :00 PM | June 19—August 4 Monday—Friday |
| YODER CENTER Arthur Sales—847-1645 | Breakfast—8:30 AM Lunch—12:30 PM | June 19—August 4 Monday—Friday |

SUMMER LUNCH MENU

MONDAYS

SMUCKER'S PBJ UNCRUSTABLE, CHEESE STICK & GRAHAM CRACKERS
CRISPY CELERY STICKS with RANCH DIP
V BLEND JUICE

TUESDAYS

ITALIAN DELI SUB with DORITOS
SWEET GRAPE TOMATOES
APPLESAUCE

WEDNESDAYS

HAM & CHEESE SANDWICH
FRESH BROCCOLI FLORETS with RANCH DIP
AMAZIN' RAISINS

THURSDAYS

CHEF SALAD with CORN MUFFIN
APPLESAUCE
RICE KRISPIE TREAT

FRIDAYS

TURKEY & CHEESE SUB with DORITOS
CRUNCHY BABY CARROTS with RANCH DIP
RIPS 100% JUICE SLUSHY