



# Menus For March 2012



## Lynchburg City Schools Elementary Menu

### MENU FACTS:

Choice of milk served with all complete meals:

Skim & 1% white for breakfast and white & flavored milk for lunch

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

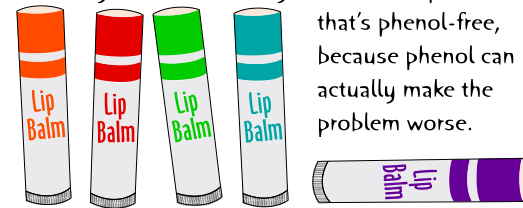
"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

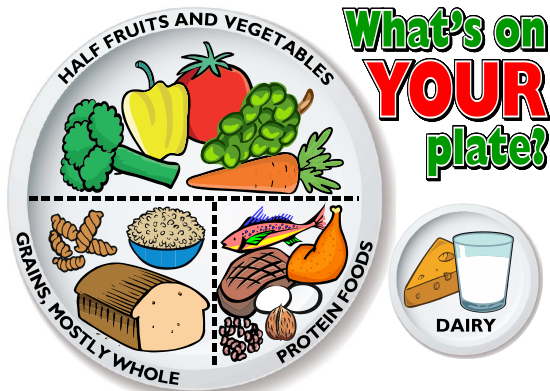
*Menus are subject to change without notice.*

## BALMY DAYS AHEAD.

When your lips are chapped, you feel the pain -- and that's true even as the days grow warmer. But choose your stick carefully. Look for a lip balm that's phenol-free, because phenol can actually make the problem worse.



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



# National Nutrition Month

School Nutrition is Celebrating this Special Month with exceptional menus featuring "Go for Gold" Breakfasts, Fresh Produce, Fresh Fruits, Fresh Made Soup, Crisp Garden Salads, and even a few special treats. We will celebrate National School Breakfast Week, St. Patrick's Day, Tootie Fruitie -Veggie Weggie Day, and help you keep going with the 2-0-1-2 Challenge.

**March is THE month to Eat School Meals all month long!**

Thursday, March 1

### Breakfast

Blueberry Pancakes w/ syrup  
Seasonal Fruit

### Lunch

Spaghetti w/ Meat Sauce  
Turkey & Cheese / Bun

### Sides (1/2 of your plate)

Broccoli w/ cheese  
Cucumber Wheels/ ranch dip  
Fresh or Canned Fruit  
Garlic Toast

Friday, March 2

### Breakfast

Rice Crispie Cereal Bar;  
Grahams

**Early Dismissal: 12:10**

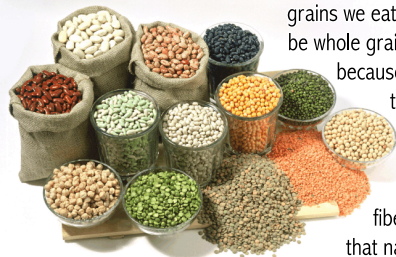
### Grab & Go Lunch

PB&J Uncrustable  
(or Meat & Cheese/ Bun)  
Fresh Baby Carrots  
Applesauce Cup

## How well do you eat -- on the WHOLE?

Whole grains and the products made from them come in lots of colors, flavors, and textures -- from 100% whole wheat bread to popcorn, from brown rice to barley, from oatmeal to whole grain pasta. Even cookies, muffins, and pancakes can (and should!) be made with half or more whole grain flour. In fact, most of the

grains we eat every day should be whole grains. Why? Well, because whole grains taste great AND because they still contain all of the nutrients, fiber, and vitamins that nature put there!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**SOL Testing Begins— Get plenty of Sleep, Eat a Good Breakfast! Be Ready to do your Best!**

Monday, March 5

### Breakfast

Egg & Cheese Biscuit

### Lunch

Crisp Pork Chop / Bun  
Turkey & Cheese Roll-up  
(in Soft Tortilla Shell)  
**Sides (1/2 of your plate)**  
Golden Corn  
Carrot/Celery Sticks w/ dip  
Fresh or Canned Fruit

Tuesday, March 6

### Breakfast

Cereal; Grahams; Banana

### Lunch

Oven Roasted Chicken  
Sliced Ham  
**Sides (1/2 of your plate)**  
Fresh Baked Sweet Potato  
Fresh Fzn. Seasoned Green Beans  
Fruit Salad w/ seasonal fruit  
Fresh Baked Wheat Rolls

Wednesday, March 7

### Breakfast

Turkey Sausage Bkfst. Square  
*Tootie Fruitie-Veggie Weggie*

### Lunch

Fresh Chef Salad with  
Spring lettuces/spinach  
Fresh veggies, diced Ham,  
diced Turkey, w/ dressing  
Seasoned Potato Wedges  
Strawberry Shortcake  
**(this lunch provides more than 1/2 plate of fruits & veggies)** 😊

Thursday, March 8

### Breakfast

Warm Ham & Cheese Roll

### Lunch

Fresh Made Turkey  
**Vegetable** Soup !!  
Toasted Cheese Sandwich  
Fresh Seasonal Fruit  
Frozen Fruit Sherbet



Friday, March 9

### Breakfast

Cereal; Grahams

### Lunch

Assorted Wedge Pizza  
PBJ Uncrustable  
**Sides (1/2 of your plate)**  
Fresh Garden Salad  
w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

# We're Celebrating SCHOOL BREAKFAST WEEK MARCH 12—16



## Go for Gold!

Check out our delicious and nutritious breakfast menu during this special week. Plan to eat breakfast every day—fun surprises will be coming your way!

**Monday, March 12**

**Extra Healthy Breakfast**  
W-G Turkey Sausage Bagel  
*Fresh Clementine*

**Lunch**  
Beef Meatballs  
w/Grated Mozz cheese/ Bun  
Hot Dog / Bun  
w/wo Chili

**Sides (1/2 of your plate)**  
Crispy Oven Baked Fries  
Fresh Veggies w/ ranch dip  
Fresh or Canned Fruit

\* W-G = whole grain

**Tuesday, March 13**

**Delicious Breakfast**  
Yogurt; Granola;  
*Fresh Blueberries; Muffin*

**Lunch**  
100% Beef Cheeseburger / Bun  
Texas BBQ / Bun

**Sides (1/2 of your plate)**  
Oven Roasted Red Potatoes  
Seasoned Green Beans  
Fresh or Canned Fruit  
and Choc. Chip Cookie

**Wednesday, March 14**

**Yummy Breakfast**  
Cereal; "Hug" Grahams  
*Fresh Banana*

**Lunch**  
Assorted Wedge Pizza  
PBJ Uncrustable

**Sides (1/2 of your plate)**  
Fresh Garden Salad  
w/dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

**Thursday, March 15**

**"Gold" Breakfast!**  
Scrambled Eggs  
Turkey Bacon on Whole  
Grain Cheese Toast  
*Fresh Strawberries*

**Lunch**  
Beef Taco on soft Shell  
w/shr. Cheese & Lettuce  
Turkey & Cheese Roll-up

**Sides (1/2 of your plate)**  
Pintos w/ white Queso Cheese  
Cucumber Wheels w/ ranch dip  
Fresh or Canned Fruit

**Friday, March 16**

**Taste so Good Breakfast**  
Steak Biscuit; *Warm Baked Apples*



**St. Patrick's Day Lunch**

Shamrock Chicken Nuggets  
Sliced Ham

**Sides (1/2 of your plate)**  
Pot o' Gold Mashed Potatoes  
Rainbow Mixed Vegetables  
Pot o' Gold Lemon Sherbet  
Fresh Bakery Dinner Rolls

**Monday, March 19**

**Breakfast**  
Turkey Sausage Bkf. Square  
Applesauce

**Lunch**  
Turkey Bacon Cheeseburger/ Bun  
"Pig in a Blanket"

**Sides (1/2 of your plate)**  
Fresh Baked Potato  
Broccoli w/ cheese  
Fresh or Canned Fruit

**Tuesday, March 20**

**Breakfast**  
Cereal; Grahams; Banana

**Lunch**  
Wonderland Chicken Nuggets  
Sliced Ham

**Sides (1/2 of your plate)**  
Creamy Mashed Potatoes  
Fresh Fzn. Green Peas  
Fresh or Canned Fruit  
Fresh Baked Wheat Rolls

**Wednesday, March 21**

**Breakfast**  
Egg & Cheese Biscuit


**Lunch**  
French Bread Pizza  
PBJ Uncrustable

**Sides (1/2 of your plate)**  
Fresh Spinach & Strawberry  
Salad w/ dressing; Crackers  
Hot Vegetable of choice  
Fresh or Canned Fruit

**Thursday, March 22**

**Breakfast**  
Cereal; Grahams

**Brunch for Lunch**  
2 Sausage ( chicken) Patties  
Blueberry Pancakes w/syrup  
Yogurt  
100% Fruit Juice



**Friday, March 23**

**Breakfast**  
Bacon & Cheese on Whole  
Grain Toast; Fruit

**Lunch**  
Honey BBQ Rib / Bun  
Fish & Cheese / Bun

**Sides (1/2 of your plate)**  
Fresh Made Macaroni & Cheese  
Steamed Fresh Cabbage  
Fresh or Canned Fruit  
and Chocolate Chip Cookie



**Account and Charge Procedures for Elementary Students**

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Money may be placed on your child's account in any amount each school day.
- We allow elementary students 3 breakfast charges and 3 lunch charges for a total of \$7.05. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If no money is received and the parent has not made arrangements for his/her child, **School Nutrition will provide a student with a toasted cheese sandwich or cheese crackers, and a carton of milk.** This emergency snack provides the nutrition a student needs to get through the school day.
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals.

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136(Spanish). USDA is an equal opportunity provider and employer."

**rethinkthe drink**

Water hydrates without calories or artificial sweeteners, so it's the perfect beverage choice. But throw-away water bottles are a major source of pollution. So why not keep a reusable water bottle at school to fill at lunch and throughout the school day? We always have fresh, pure water available for students, so why not dive in?

**Monday, March 26**

**Breakfast**  
Whole Grain Turkey Sausage  
Bkf Bagel

**Lunch**  
100% Beef Cheeseburger / Bun  
Deli Meat & Cheese / Bun

**Sides (1/2 of your plate)**  
Oven Baked Fries  
Fresh Baby Carrots / dip  
Frozen Fruit Sherbet

**Tuesday, March 27**

**Breakfast**  
Cereal; Grahams

**Lunch**  
Fun Shaped Chicken Nuggets  
Sliced Turkey

**Sides (1/2 of your plate)**  
Whipped Potatoes  
Fresh Frozen Green Peas  
Fresh or Canned Fruit  
Fresh Baked Wheat Rolls

**Wednesday, March 28**

**Breakfast**  
Chicken Biscuit

**Lunch**  
Assorted Wedge Pizza  
PBJ Uncrustable

**Sides (1/2 of your plate)**  
Garden Salad w/dressing  
Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

**Thursday, March 29**

**Breakfast**  
Blueberry Pancakes  
w/ syrup; Fruit

**Lunch**  
Beef Chili & Beans with  
*Tostitos Baked Scoops*  
Turkey & Cheese / Bun

**Sides (1/2 of your plate)**  
Golden Corn  
Fresh Veggies w/ ranch dip  
Fresh or Canned Fruit  
Crackers

**Friday, March 30**

**Breakfast**  
Yogurt; Muffin

**Lunch**  
Steak & Cheese / Bun  
Fish & Cheese / Bun

**Sides (1/2 of your plate)**  
Savory Potato Wedges  
Broccoli w/ Cheese  
Fresh or Canned Fruit  
And Oatmeal Cookie