

Lynchburg City Schools
Elementary Menu

MENUS FOR
MARCH 2014

take time for **SCHOOL BREAKFAST**



**JOIN US
FOR
SCHOOL
BREAKFAST
MARCH 3-7**

**Let's Celebrate
National School
Breakfast Week!**

Each Breakfast includes 100% Fruit
Juice and 1% White and
Fat Free Flavored Milk

TRY BREAKFAST@SCHOOL!

This month, we're celebrating National School Breakfast Week, March 3-7. If breakfast at home isn't practical for your family for whatever reason, this is a great time to give Breakfast@School a try!



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

Monday, March 3	Tuesday, March 4	Wednesday, March 5	Thursday, March 6	Friday, March 7
<p>Breakfast 😊 Colby Cheese Omelet w/Canadian Bacon on Warm English Muffin Fresh Seasonal Fruit</p> <p>Lunch 100% Local Beef Cheeseburger/ WG Bun Or Ham & Cheese/ WG Bun Crispy French Fries Fresh Veggies w/ dip Assorted Fruit Choices</p>	<p>Breakfast 😊 Sausage Biscuit Warm Baked Apples</p> <p>Lunch Oven Roasted Chicken Or Sliced Turkey w/ gravy Mashed Potatoes Seasoned Green Beans Assorted Fruit Choices Fresh Baked Wheat Roll</p>	<p>Breakfast 😊 Cereal; Grahams Fresh Banana</p> <p>Lunch Taco on soft shell with Grated Cheese, Shr. Lettuce, Diced Tomatoes Or Meat/Cheese Roll-Up Fzn. Golden Corn Southwest Beans Assorted Fruit Choices</p>	<p>Breakfast 😊 Strawberry-Banana French Toast Fresh Strawberries</p> <p>Lunch Assorted Pizza Or Meat & Cheese Sub Fresh Garden Salad with Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices</p>	<p>Breakfast 😊 Fresh Yogurt Blueberry Muffin Fresh Fruit Cup</p> <p>Lunch Potato Crusted Fish Fillet w/ bakery Roll Or Chicken Fillet/ WG Bun Broccoli w/ cheese Steamed Carrots Assorted Fruit Choices</p>

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 9!**



Monday, March 10	Tuesday, March 11	Wednesday, March 12	Thursday, March 13	Friday, March 14
<p>Breakfast Turkey Sausage WG Breakfast Square; Seasonal Fruit</p> <p>Lunch Hot Dog/ WG Bun w/Chili Or Turkey & Cheese/ WG hot dog Bun; Baked Beans; Crisp Cole Slaw; Assorted Fruit Choices</p>	<p>Breakfast Maple Glazed French Toast; Applesauce</p> <p>Lunch Chicken Nuggets Or Meat & Cheese Sandwich Creamy Mashed Potatoes Fresh Fzn. Green Peas Assorted Fruit Choices Fresh Baked Wheat Roll</p>	<p>Breakfast Cereal; Grahams Fresh Banana</p> <p>Lunch Spaghetti w/ Meat Sauce Or Crisp Pork Chop Turnip Greens Carrot/Celery Sticks w/dip Assorted Fruit Choices Garlic Toast</p>	<p>Breakfast Egg & Cheese Biscuit</p> <p>Lunch Cheesy Pizza Sticks w/ Marinara Sauce Or PBJ Jamwich Fresh Garden Salad with Cherry Tomatoes Hot Vegetable of Choice Assorted Fruit Choices</p>	<p>Breakfast Yogurt; Grahams</p> <p>Lunch Honey BBQ Rib/ WG Bun Chicken Fillet/ WG Bun Baked Sweet Potato Vegetable of Choice Fruit/Veggie 'Dragon' Juice</p>

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Monday, March 17

Breakfast
Cereal; Grahams

St. Patty's Day Lunch
Shamrock Chicken
Nuggets Or
Meat & Cheese Sandwich
Macaroni & Cheese
Seasoned Green Beans
Fresh Veggies w/dip
Frozen 'Luck O the Ice'
Sour Apple Cup

Tuesday, March 18

Breakfast
Egg Quesadilla

Lunch
Local 100% Beef
Cheeseburger/ WG Bun Or
Honey BBQ Rib/WG Bun
Crisp Potato Wedges
Side Salad
Assorted Fruit Choices

Wednesday, March 19

Breakfast
Cereal; Grahams
Fresh Banana

Lunch 😊
Chicken Vegetable Soup
Goldfish Toasted Cheese Sandwich
Baby Carrots w/ dip
Yogurt & Chopped Apple
Cinnamon Fruit Salad

Thursday, March 20

Breakfast
Sausage Biscuit

Lunch
Assorted Pizza Or
Meat & Cheese Sub
Fresh Romaine Salad
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Friday, March 21

Breakfast
School's Choice Buffet

Lunch
Crisp Corn Dog Or
Chicken Fillet/ WG Bun
Black-eyed Peas
Golden Corn
Assorted Fruit Choices
Chocolate Chip Cookie

Monday, March 24

Breakfast
Turkey Sausage WG
Breakfast Square;

Lunch
Hot Dog/ WG Bun w/Chili
Or Ham & Cheese/ WG hot
dog Bun; Baked Beans;
Crisp Cole Slaw;
Assorted Fruit Choices

Tuesday, March 25

Breakfast
Flapstick; Seasonal Fruit

Brunch for Lunch
Scrambled Eggs w/Cheese
Canadian Bacon
Potato Coins
Warm Baked Apples
"Buttered" Toast
100% Fruit Juice

Wednesday, March 26

Breakfast
Cereal; Grahams

Birthday Lunch
Fresh Made Chicken Salad
Or Popcorn Chicken
Bakery Dinner Roll
Fresh Baked Potato
Broccoli w/ Cheese
March Birthday Ice Cup



Thursday, March 27

Breakfast
Chicken Biscuit

Lunch
Cheesy Pizza Sticks Or
Manager's Choice
Marinara Sauce
Fresh Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Friday, March 28

Breakfast
Yogurt; Grahams

Lunch
Early Dismissal for All Students
PBJ Jamwich Or
Meat & Cheese Sandwich
Fresh Baby Carrots
Raisins
Fruit/Veggie 'Dragon' Juice



Check out our
Website for
on-line meal
account
payments



Monday, March 31

Students do not Attend

Professional Development Day



PARENTS—PLEASE READ THE FOLLOWING INFORMATION ON MEAL ACCOUNT CHARGES 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. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$9.15. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- **If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of a cheese sandwich or cheese crackers, fruit and a carton of white milk.**
- 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 **PLUS** any charges.
- We will do our best to work with parents to serve the needs of our students. You may contact the School Nutrition Office in the School Administration Building at 515-5061. We are pleased to assist you.

Remember, a Charge Policy is a courtesy—Please use it wisely.

Choice of milk served with all complete meals:
Skim & 1% white and fat free flavored milk

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

"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