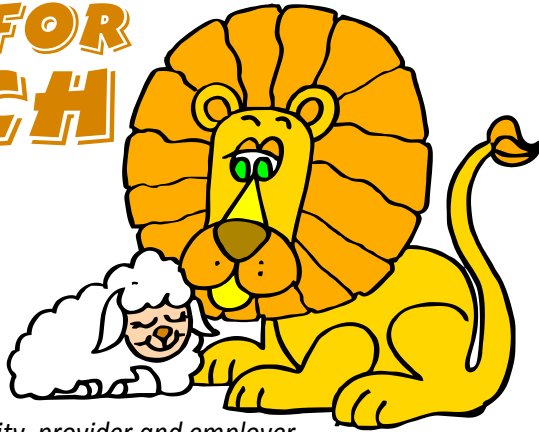


"March comes in like a lion and goes out like a lamb!"

MENUS FOR MARCH 2015

Lynchburg City Elementary Schools



USDA is an equal opportunity provider and employer.

Make the Grade with SCHOOL BREAKFAST



Join us for National School Breakfast Week March 2-6, 2015

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

"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

START FRESH WITH FRUIT!



Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!

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

Monday, March 9

Breakfast
PBJ Gramwich (or Grahams); Fruit; Juice; Milk

Lunch
Cheeseburger/ WG Bun Or Beef BBQ Rib/ WG Bun Sweet Potato Puffs Steamed Broccoli Assorted Fruit Choices Milk

Tuesday, March 10

Breakfast
Yogurt; Muffin; Fruit; Juice; Milk

Lunch
Chicken Nuggets Or Manager's Choice Entree Mashed Potatoes Green Beans Assorted Fruit Choices Fresh Baked Wheat Roll Milk

Wed., March 11

Breakfast
Sausage Biscuit; Fruit; Juice; Milk

Lunch
Assorted Pizza Wedge Or PB Jamwich Tossed Garden Salad w/Cherry Tomatoes & Carrots Vegetable of Choice Assorted Fruit Choices Milk

Thursday, March 12

Breakfast
WG Breakfast Pizza; Fruit; Juice; Milk

Lunch
Spaghetti w/Meat Sauce Or Meat & Cheese Deli Sandwich Turnip Greens Golden Corn Assorted Fruit Choices **Chocolate Chip Cookie** Milk

Friday, March 13

Breakfast
Cereal or (Bar); Grahams Fruit; Juice; Milk

Lunch
Steak & Cheese /WG Bun Or Crisp Pork Chop/ WG Bun Home Style Baked Beans Crisp Cole Slaw w/ carrots 100% Juice Milk

Monday, March 2

Breakfast
Flapstick; Fruit Juice; Milk

Lunch
Hot Dog/ WG Bun w/wo Chili Or Meatballs w/cheese/ WG Bun Home-style Baked Beans Cole Slaw w/extra carrots Assorted Fruit Choices Milk

Tuesday, March 3

Breakfast
Cereal or (Bar); Grahams Fruit; Juice; Milk

Lunch
Popcorn Chicken Or Tender Sliced Turkey Mashed Potatoes Glazed Carrots Assorted Fruit Choices Fresh Baked Wheat Roll Milk

Wednesday, March 4

Breakfast
Pillsbury Pancakes; Fruit; Juice; Milk

Lunch
Cheesy Pizza Sticks w/ Marinara Sauce Or Deli Sandwich Romaine Salad w/cherry tomatoes Hot Vegetable of Choice Assorted Fruit Choices Milk

Thursday, March 5

Breakfast
WG Breakfast Pizza; Fruit; Juice; Milk

Brunch for Lunch
Cheesy Scrambled Eggs w/Sausage Link (or Chicken Pattie) Crisp Potato Coins Baked Apples "Buttered" Toast Milk

Friday, March 6

Breakfast
Cereal or (Bar); Grahams Fruit; Juice; Milk

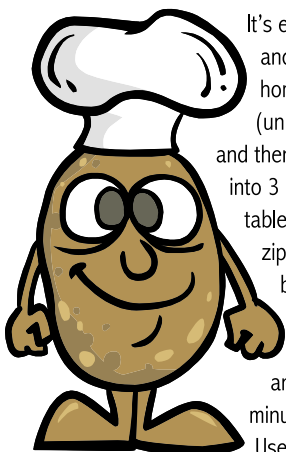
Lunch
Chicken Fillet/ WG Bun Or Texas BBQ/ WG Bun Crisp French Fries Mixed Vegetables 100% Juice Milk

Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their meal.
- 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.
- Please keep in touch with your cafeteria manager or call the School Nutrition Office at 515-5061 if you have any questions or concerns.



HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 16

Breakfast
Cereal or (Bar); Goldfish;
Fruit; Juice; Milk

Lunch
Crispy Mini Corn Dogs Or
Meatballs w/ Cheese w/
Choice of "Buttered" Bread
Oven Baked French Fries
Mixed Vegetables
Assorted Fruit Choices
Milk

Tuesday, March 17

Breakfast NEW!
Cream Cheese Filled
Bagel Bites ; Fruit;
Juice; Milk

"Lucky" Lunch
Popcorn Chicken Or
Manager's Choice Entree
Creamy Mashed Potatoes
Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

St. Patty's Day Treat

Wednesday, March 18

Breakfast
French Toast Sticks;
Fruit; Juice; Milk

Lunch
Cheesy Pizza Sticks w/
Marinara Sauce
Or Deli Sandwich
Fresh Romaine Salad
w/cherry tomatoes
Black-Eyed Peas
Assorted Fruit Choices
Milk

Thursday, March 19

Breakfast
WG Breakfast Pizza;
Fruit; Juice; Milk

Lunch
Crisp Pork Chop /WG Bun or
**Fresh Made Chicken
Salad/** WG Croissant
Creamy Sweet Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Milk

Friday, March 20

Breakfast
Yogurt; Muffin;
Fruit; Juice; Milk

Lunch
Steak & Cheese/ WG Bun
Texas BBQ / WG Bun
Crisp Potato Wedges
Broccoli w/ cheese
100% Juice
Milk

Monday, March 23

Breakfast
Flapstick; Fruit
Juice; Milk

Lunch
Hot Dog/ WG Bun
w/wo Chili Or
Meatballs w/cheese/ WG Bun
Home-style Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices
Milk

Tuesday, March 24

Breakfast
Cereal or (Bar); Grahams
Fruit; Juice; Milk

Lunch
Chicken w/ Orange Sauce
Or Tender Sliced Turkey
Brown Rice
Steamed Broccoli
Glazed Carrots
Choice of "Buttered" Bread
Chocolate Chip Cookie
Milk

Wednesday, March 25

Breakfast
Chicken Biscuit;
Fruit; Juice; Milk

Lunch
Assorted Pizza Wedge
Or PB Jamwich
Tossed Garden Salad
w/Cherry Tomatoes & Carrots
Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, March 26

Breakfast
WG Breakfast Pizza;
Fruit; Juice; Milk

Birthday Lunch
Chicken Vegetable Soup
Toasted Cheese Sandwich
Or Deli Sandwich
Cucumber Wheels w/ dip
**"Happy Birthday" Frozen
Juice Cup / Milk**

Friday, March 27

Breakfast
Yogurt; Muffin;
Fruit; Juice; Milk

**Early Dismissal
Lunch**
Crisp Corn Dog Or
PBJ Gramwich
Baby Carrots
Bag of Flavor Infused Raisins
Goldfish Crackers

Monday, March 30

Professional Development
Day

Students do not Attend!

Tuesday, March 31

Breakfast
Cereal or (Bar); Grahams
Fruit; Juice; Milk

Lunch
Chicken Fillet/ WG Bun
Or Texas BBQ/ WG Bun
Crisp French Fries
Mixed Vegetables
Assorted Fruit Choices
Milk



PRINTED MENUS FOR MARCH

Visit www.lcsedu.net for your menu.

The School Nutrition Program will no longer provide a printed menu for every elementary student. We will provide each elementary school office with a limited number of menus for those students who are unable to print a copy for use at home.

No Fees! www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. We offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and print your child's activity at no cost and add to your child's meal account via a credit card with no fees. *How Convenient!*

Easy, Smart, Secure

NUTRITION TO GO

Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.

A TASTY MORSEL FOR PARENTS