

Lynchburg City Schools Elementary Menus

MENUS FOR MARCH 2016

*This institution is an equal
opportunity provider
and employer.*

Tuesday, March 1

Lunch Entrées (Choose 1)

Asian Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Green Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Wednesday, March 2

Lunch Entrées (Choose 1)

Max Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Campbell's Tomato Soup
Romaine Garden Salad
Fresh Apple Slices

Thursday, March 3

Lunch Entrées (Choose 1)

Chicken Tenders
Turkey Taco w/Cheddar Cheese
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Broccoli Florets
Seasoned Pinto Beans
Shredded Lettuce & Tomato Salsa
Applesauce

Friday, March 4

EARLY DISMISSAL (12:15 PM)

Lunch Entrées (Choose 1)

Turkey & Cheese Wrap w/Pretzels
Yogurt & String Cheese
w/Giant Goldfish Grahams

Lunch Sides (All Included)

Fresh Baby Carrots
Crunchy Cucumber Slices
Amazon Raisins or Applesauce

Monday, March 7

Lunch Entrées (Choose 1)

Chicken Nuggets
Hot Dog on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges

Tuesday, March 8

Lunch Entrées (Choose 1)

Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Crispy Tater Rounds
V-Blend Juice
Cinnamon Baked Apples

Wednesday, March 9

Lunch Entrées (Choose 1)

Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Golden Sweet Corn
Shoe String Oven Fries
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Thursday, March 10

Lunch Entrées (Choose 1)

Toasted Cheese Sandwich
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Chicken Vegetable Soup
Romaine Garden Salad
Chilled Diced Pears

Friday, March 11

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings
Turkey & Cheese Deli Wrap
w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Broccoli
Baby Carrots
Fresh Apple Slices

Breakfast Menus

March 1-4 & March 14-18

Monday: Cereal & Grahams
Tues: Breakfast Chicken Slider
Wednesday: Cereal & Grahams
Thurs: Pillsbury WG Mini Cinnis
Friday: Breakfast Quesadilla

March 7-11 & March 21-25

Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: Pillsbury WG Mini Pancakes
Thursday: Cereal & Grahams
Friday: WG Flap Stick

Breakfast includes:

Fruit Juice
1 Serving of Fruit
8 oz of Milk

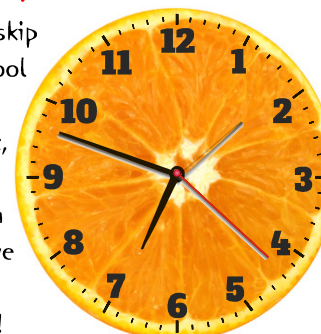
wake up!
to
School Breakfast



**Join us for
National School Breakfast Week
March 7-11, 2016**

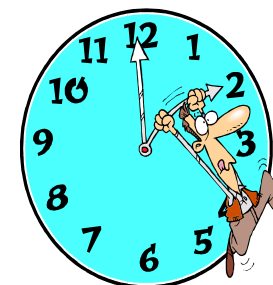
SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



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

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 13!**



Monday, March 14

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Succotash (Limas & Corn)
Creamy Cole Slaw
Lettuce & Sliced Tomato
Chilled Mixed Fruit

Tuesday, March 15

Lunch Entrées
(Choose 1)

Asian Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Green Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Wednesday, March 16

Lunch Entrées
(Choose 1)

Max Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Campbell's Tomato Soup
Romaine Garden Salad
Fresh Apple Slices

Thursday, March 17

Lunch Entrées
(Choose 1)

Chicken Tenders
Turkey Taco w/Cheddar Cheese
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli Florets
Seasoned Pinto Beans
Shredded Lettuce & Tomato Salsa
Applesauce

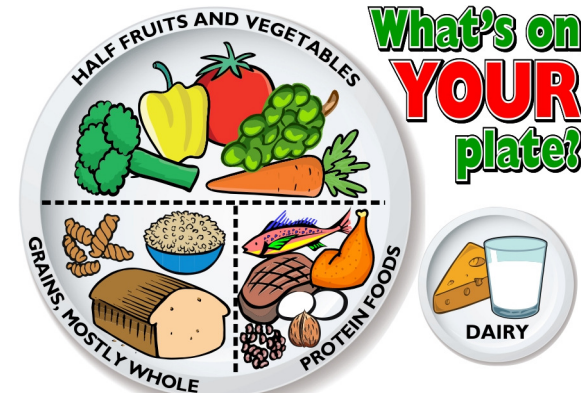
Friday, March 18

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Green Beans
Savory Potato Wedges
Chilled Pineapple Tidbits



Boost your Burrito!

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS!** These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!



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

Monday, March 21

Lunch Entrées
(Choose 1)

Chicken Nuggets
Hot Dog on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges

Tuesday, March 22

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Crispy Tater Rounds
V-Blend Juice
Cinnamon Baked Apples

Wednesday, March 23

Lunch Entrées
(Choose 1)

Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Golden Sweet Corn
Shoe String Oven Fries
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Thursday, March 24

Lunch Entrées
(Choose 1)

Toasted Cheese Sandwich
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Chicken Vegetable Soup
Romaine Garden Salad
Chilled Diced Pears

Friday, March 25

EARLY DISMISSAL (12:15 PM)

Lunch Entrées
(Choose 1)

Turkey & Cheese Wrap w/Pretzels
Yogurt & String Cheese
w/Giant Goldfish Grahams

Lunch Sides
(All Included)

Fresh Baby Carrots
Crunchy Cucumber Slices
Amazin' Raisins or Applesauce

NUTRITION TO GO

Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells amazing when it's slow-cooking, and eating a bowl of hot stew warms us up on a raw and blustery late winter or early spring day, too!

A TASTY MORSEL FOR PARENTS

no Worries

last day of classes:
Friday, March 25

classes resume:
Monday, April 4

SPRING BREAK

