

Menus for March 2017

**LYNCHBURG CITY SCHOOLS
BASS ELEMENTARY SCHOOL MENUS**

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



Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
offered w/CROUTONS or Crackers

JIF Protein Pack Combo Meal (Wednesdays)

Choice of Milk

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

Breakfast Menus

March 3, 13-17 & 27-31
 Monday: Breakfast Chicken Slider
 Tuesday: Cereal & String Cheese
 Wed: Kellogg's WG Mini Pancakes
 Thursday: Cereal & Elf Grahams
 Fri: Yogurt & Goldfish Grahams

March 6-10 & 20-24
 Monday: Cereal & String Cheese
 Tuesday: WG Muffin & Yogurt
 Wed: Pillsbury WG Mini Cinnis
 Thursday: Pancake & Sausage Bites
 Friday: Cereal & Elf Grahams

Breakfast includes: Milk, Fruit Juice & 1 Serving of Fruit

take the SCHOOL BREAKFAST Challenge

Kids! Join us for National School Breakfast Week

March 6-10, 2017

Monday, March 6

Lunch Entrées
(Choose 1)
Toasted Cheese Sandwich
100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides
(All Included)
Three Bean Chili
Crispy Tater Coins
Lettuce & Sliced Tomato
Applesauce

Tuesday, March 7

Lunch Entrées
(Choose 1)
Pizza Dippers w/Pizza Dipping Sauce
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)
Romaine Garden Salad
Southern Baked Beans
Sweet Strawberry Cup
Fresh Orange Wedges

Wednesday, March 8

Lunch Entrées
(Choose 1)
Breakfast for Lunch
Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)
Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Cinnamon Baked Apples

Thursday, March 9

Lunch Entrées
(Choose 1)
Spaghetti & Meatballs w/breadstick
Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)
Fresh Made Broccoli Salad
California Vegetable Medley
Diced Freestone Peaches

Friday, March 10

Lunch Entrées
(Choose 1)
Pizza Slice w/Selection of Toppings
Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)
Crunchy Baby Carrots
Crinkle Cut Oven Fries
Fresh Apple Slices

Wednesday, March 1

Lunch Entrées
(Choose 1)
Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides
(All Included)
Green Beans
Quick Baked Potato
Chilled Mixed Fruit

Thursday, March 2

Lunch Entrées
(Choose 1)
100% Beef Patty on WG Bun
Prepared with or without American Cheese
Chicken Nuggets w/Bread Stick

Lunch Sides
(All Included)
Romaine Garden Salad
Southern Baked Beans
Applesauce

Friday, March 3

Lunch Entrées
(Choose 1)
Pizza Crunchers
Hot Ham & Cheese Flatbread

Lunch Sides
(All Included)
Tomato Soup
Crispy Tater Coins
Diced Freestone Peaches

Monday, March 13

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Lima Beans
Golden Sweet Corn
Sweet Strawberry Cup

Tuesday, March 14

Lunch Entrées
(Choose 1)

Breaded Pork Steak on WG Bun
Italian Meatball Sub

Lunch Sides
(All Included)

Seasoned Pinto Beans
Steamed Broccoli
Fresh Apple Slices

Wednesday, March 15

Lunch Entrées
(Choose 1)

Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides
(All Included)

Green Beans
Quick Baked Potato
Chilled Mixed Fruit

Thursday, March 16

Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Chicken Nuggets w/Bread Stick

Lunch Sides
(All Included)

Romaine Garden Salad
Southern Baked Beans
Applesauce

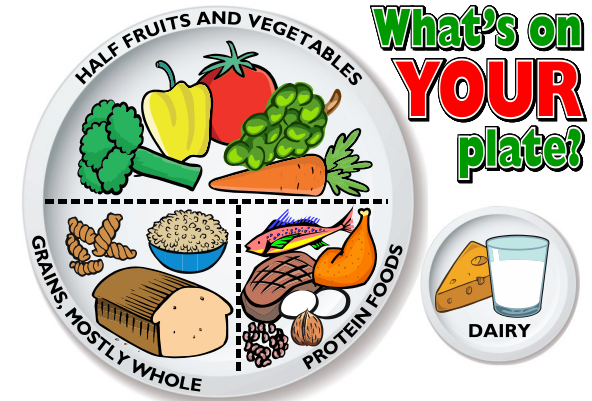
Friday, March 17

Lunch Entrées
(Choose 1)

Pizza Crunchers
Hot Ham & Cheese Flatbread

Lunch Sides
(All Included)

Tomato Soup
Crispy Tater Coins
Diced Freestone Peaches



REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:
*Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavoured butter that your mother used to make?*
Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

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

Monday, March 20

Lunch Entrées
(Choose 1)

Toasted Cheese Sandwich
100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides
(All Included)

Three Bean Chili
Potato Wedges
Lettuce & Sliced Tomato
Applesauce

Tuesday, March 21

Lunch Entrées
(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)

Romaine Garden Salad
Southern Baked Beans
Sweet Strawberry Cup
Fresh Orange Wedges

Wednesday, March 22

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Ham, Egg & Cheese English Muffin

Lunch Sides
(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Cinnamon Baked Apples

Thursday, March 23

Lunch Entrées
(Choose 1)

Spaghetti & Meatballs w/breadstick
Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

Fresh Made Broccoli Salad
California Vegetable Medley
Diced Freestone Peaches

Friday, March 24

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Fun Fish Nuggets w/Corn Muffin

Lunch Sides
(All Included)

Crunchy Baby Carrots
Crinkle Cut Oven Fries
Fresh Apple Slices

Monday, March 27

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)

Lima Beans
Golden Sweet Corn
Sweet Strawberry Cup

Tuesday, March 28

Lunch Entrées
(Choose 1)

Breaded Pork Steak on WG Bun
Italian Meatball Sub

Lunch Sides
(All Included)

Seasoned Pinto Beans
Steamed Broccoli
Fresh Apple Slices

Wednesday, March 29

Lunch Entrées
(Choose 1)

Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides
(All Included)

Green Beans
Quick Baked Potato
Chilled Mixed Fruit

Thursday, March 30

Lunch Entrées
(Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Chicken Nuggets w/Bread Stick

Lunch Sides
(All Included)

Romaine Garden Salad
Southern Baked Beans
Applesauce

Friday, March 31

Lunch Entrées
(Choose 1)

Pizza Crunchers
Hot Ham & Cheese Flatbread

Lunch Sides
(All Included)

Tomato Soup
Crispy Tater Coins
Diced Freestone Peaches