

# Menus for March 2017

**LYNCHBURG CITY SCHOOLS  
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

Kids! Join us for  
**National School Breakfast Week**  
March 6-10, 2017

take the  
**SCHOOL BREAKFAST Challenge**



**Wednesday, March 1**

**WINTER INTERSESSION**

**Lunch Entrées**  
(Choose 1)

Pizza Slice w/Selection of Toppings  
PB&J Combo Meal

**Lunch Sides**  
(All Included)

Raw Veggie Bowl w/Ranch Dip  
V-blend Juice  
Chilled Mixed Fruit

## WINTER BREAK

**March 2—3**

**Classes Resume  
March 6**



**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

**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

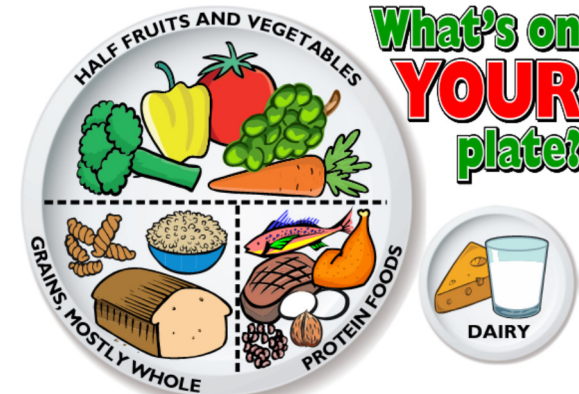
**Friday, March 17**

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