

Menus for March 2017

LYNCHBURG CITY SCHOOLS HUTCHERSON ELC MENUS

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



Available Daily for Lunch

**Ham & Cheese Sandwich
Or
Turkey & Cheese Sandwich**

Sandwiches made with
Pepperidge Farm
Goldfish Bread

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

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 Entrée
Toasted Cheese Sandwich

Lunch Sides
(All Included)

Three Bean Chili
Applesauce
1% or Fat Free White Milk

Tuesday, March 7

Lunch Entrée
Pizza Dippers w/Marinara Sauce

Lunch Sides
(All Included)

Romaine Garden Salad
Diced Strawberries
1% or Fat Free White Milk

Wednesday, March 8

Lunch Entrée
Breakfast for Lunch

Lunch Sides
(All Included)

Seasoned Diced Potatoes
1/2 Fresh Banana
1% or Fat Free White Milk

Thursday, March 9

Lunch Entrée
Spaghetti & Meatballs

Lunch Sides
(All Included)

Fresh Broccoli Salad
Diced Peaches
1% or Fat Free White Milk

Friday, March 10

Lunch Entrée
Pizza Slice

Lunch Sides
(All Included)

Crunchy Baby Carrots
Applesauce
1% or Fat Free White Milk

Monday, March 13

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Lima Beans

Diced Strawberries

1% or Fat Free White Milk

Tuesday, March 14

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans

Fresh Apple Slices

1% or Fat Free White Milk

Wednesday, March 15

Lunch Entrée

Shrimp Poppers

Lunch Sides

(All Included)

Green Beans

Mixed Fruit

1% or Fat Free White Milk

Thursday, March 16

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Romaine Garden Salad

Applesauce

1% or Fat Free White Milk

Friday, March 17

Lunch Entrée

Pizza Crunchers

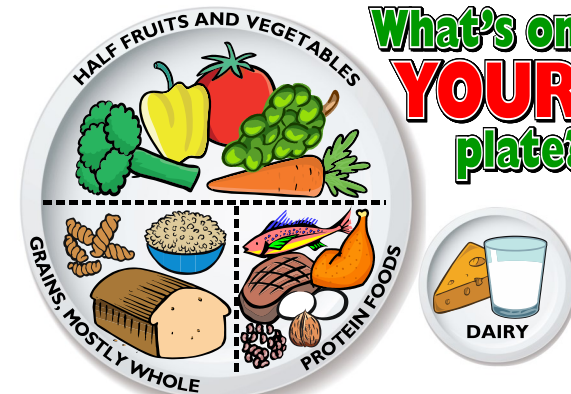
Lunch Sides

(All Included)

Crispy Tater Coins

Diced Peaches

1% or Fat Free White Milk



**What's on
YOUR
plate?**

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 Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Three Bean Chili

Applesauce

1% or Fat Free White Milk

Tuesday, March 21

Lunch Entrée

Pizza Dippers w/Marinara Sauce

Lunch Sides

(All Included)

Romaine Garden Salad

Diced Strawberries

1% or Fat Free White Milk

Wednesday, March 22

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Fresh Banana

1% or Fat Free White Milk

Thursday, March 23

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

California Vegetable Medley

Diced Peaches

1% or Fat Free White Milk

Friday, March 24

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Crunchy Baby Carrots

Applesauce

1% or Fat Free White Milk

Monday, March 27

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Lima Beans

Diced Strawberries

1% or Fat Free White Milk

Tuesday, March 28

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans

Fresh Apple Slices

1% or Fat Free White Milk

Wednesday, March 29

Lunch Entrée

Baked Chicken

Lunch Sides

(All Included)

Green Beans

Mixed Fruit

1% or Fat Free White Milk

Thursday, March 30

Lunch Entrée

100% Beef Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

Friday, March 31

Lunch Entrée

Hot Ham & Cheese Flatbread

Lunch Sides

(All Included)

Tomato Soup

Diced Strawberries

1% or Fat Free White Milk