

Menus for March 2018

**Lynchburg City Schools
Bass Elementary School Menus**

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

EGG-CELLENT.



Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

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

Thursday, March 1

Lunch Entrées

(Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Fresh Veggie Cup w/Ranch Dip

Blueberries w/Whipped Topping

Friday, March 2

Lunch Entrées

(Choose 1)

Pizza Slice w/Selection of Toppings

Carolina Pork BBQ on WG Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans

Crinkle Cut Oven Fries

Chilled Diced Pears

I  SCHOOL
BREAKFAST

Kids! Join us March 5-9 for
National School Breakfast Week 2018

Monday, March 5

Lunch Entrées

(Choose 1)

Toasted Cheese Sandwich

Cheesy Beef Nachos

Served with Salsa & Sour Cream

Lunch Sides

(All Included)

Campbell's Tomato Soup

Golden Sweet Corn

Chilled Mixed Fruit

Tuesday, March 6

Lunch Entrées

(Choose 1)

Shrimp Poppers w/Corn Bread Muffin

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Southern Style Baked Beans

Cry Baby Frozen Fruit Cup

Wednesday, March 7

Lunch Entrées

(Choose 1)

Savory Roasted Chicken w/Roll

Honey BBQ Pork Rib Patty on Bun

Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

Quick Baked Potato

Steamed Sweet Green Peas

Blueberries w/Whipped Topping

Thursday, March 8

Lunch Entrées

(Choose 1)

Amazing Macaroni & Cheese

100% Beef Patty on WG Bun

Prepared with or without American Cheese

Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

Baby Carrot Fries

Steamed Broccoli

Juicy Sliced Apples

Friday, March 9

Lunch Entrées

(Choose 1)

Pizza Crunchers

Ham & Cheese Sub

Offered with Lettuce & Sliced Tomato

Lunch Sides

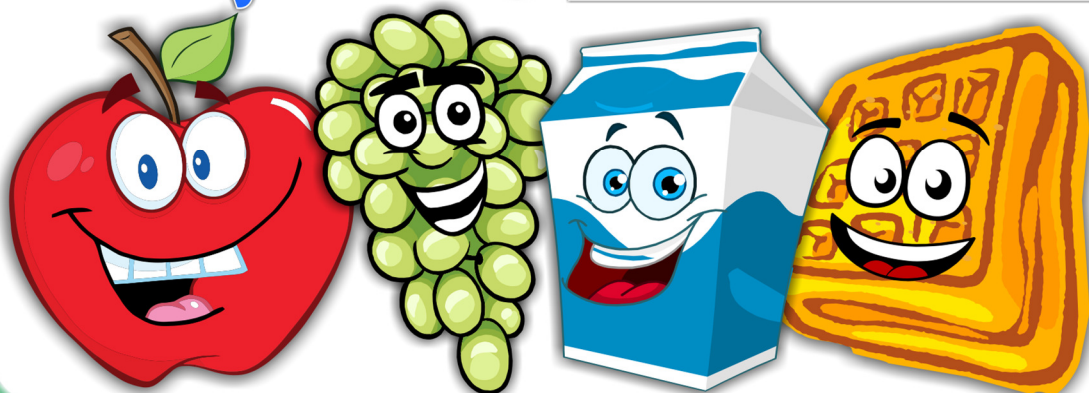
(All Included)

Romaine Garden Salad

Seasoned Potato Wedges

Chilled Sliced Peaches

come join us for **Breakfast@School**



AVAILABLE DAILY

Smuckers PB&J Uncrustable Combo
Meal

Freshly Prepared Chef Salad
offered w/CROUTONS

Choice of Milk

Lunch includes entrée, 2 servings of vegetables, 1 serving of
fruit and choice of milk



**Don't forget to
set your clocks
forward one hour
on Sunday,
March 11!**

Monday, March 12

Lunch Entrées

(Choose 1)

Cheeseburger Meatloaf on WG Bun
Offered with Lettuce & Sliced Tomato

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Creamy Mashed Potatoes & Gravy

Green Beans

Chilled Diced Pears

Tuesday, March 13

Lunch Entrées

(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

Bueno Beef Tacos
Served with Shredded lettuce & Tomato

Lunch Sides

(All Included)

Snappy Celery Sticks

Golden Sweet Corn

Strawberries w/Whipped Topping

Wednesday, March 14

Lunch Entrées

(Choose 1)

Breakfast for Lunch

Carolina Pork BBQ on WG Bun

Lunch Sides

(All Included)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Cinnamon Baked Apples

Thursday, March 15

Lunch Entrées

(Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Fresh Veggie Cup w/Ranch Dip

Chilled Mixed Fruit

Friday, March 16

EARLY DISMISSAL

Lunch Entrées

(Choose 1)

Breaded Chicken Nuggets

Ham & Cheese Sub
Offered with Lettuce & Sliced Tomato

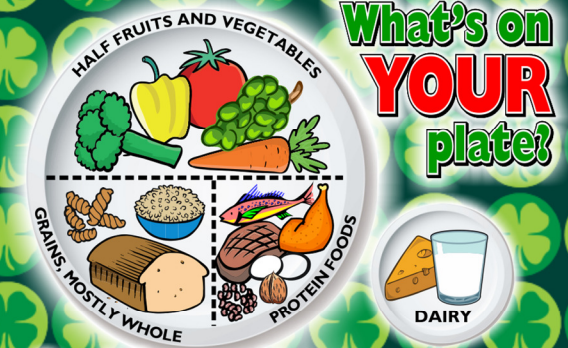
Lunch Sides

(All Included)

Crunchy Baby Carrots

Seasoned Potato Wedges

Juicy Sliced Apples



Q: How do you turn soup to gold?



A: Put 14 carrots in it!

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

Monday, March 19

Lunch Entrées

(Choose 1)

Toasted Cheese Sandwich

Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides

(All Included)

Campbell's Tomato Soup

Golden Sweet Corn

Chilled Mixed Fruit

Tuesday, March 20

Lunch Entrées

(Choose 1)

Shrimp Poppers w/Corn Bread Muffin

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Southern Style Baked Beans

Cry Baby Frozen Fruit Cup

Wednesday, March 21

Lunch Entrées

(Choose 1)

Savory Roasted Chicken w/Roll

Honey BBQ Pork Rib Patty on Bun
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

Quick Baked Potato

Steamed Sweet Green Peas

Blueberries w/Whipped Topping

Thursday, March 22

Lunch Entrées

(Choose 1)

Amazing Macaroni & Cheese

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

Baby Carrot Fries

Steamed Broccoli

Juicy Sliced Apples

Friday, March 23

Lunch Entrées

(Choose 1)

Pizza Crunchers

Ham & Cheese Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides

(All Included)

Romaine Garden Salad

Seasoned Potato Wedges

Chilled Sliced Peaches

Monday, March 26

Lunch Entrées

(Choose 1)

Cheeseburger Meatloaf on WG Bun
Offered with Lettuce & Sliced Tomato

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Creamy Mashed Potatoes & Gravy

Green Beans

Applesauce

Tuesday, March 27

Lunch Entrées

(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

Bueno Beef Tacos
Served with Shredded lettuce & Tomato

Lunch Sides

(All Included)

Snappy Celery Sticks

Golden Sweet Corn

Strawberries w/Whipped Topping

Wednesday, March 28

Lunch Entrées

(Choose 1)

Breakfast for Lunch

Carolina Pork BBQ on WG Bun

Lunch Sides

(All Included)

Seasoned Diced Potatoes

"Sunset Sip" V-blend Juice

Cinnamon Baked Apples

Thursday, March 29

Lunch Entrées

(Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Fresh Veggie Cup w/Ranch Dip

Chilled Mixed Fruit

Friday, March 30

Lunch Entrées

(Choose 1)

Pizza Slice w/Selection of Toppings

Fun Fish Nuggets

Lunch Sides

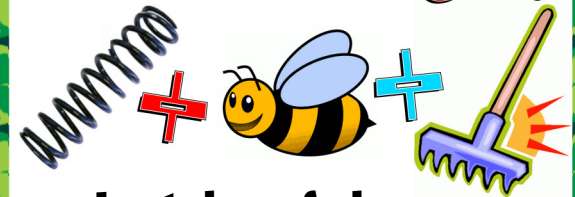
(All Included)

Seasoned Pinto Beans

Crinkle Cut Oven Fries

Chilled Diced Pears

Together, they add up to **FUN!**



Last day of classes:

Friday, March 30

Classes resume:

Monday, April 9