

Menus for May 2011

Lynchburg City Schools Elementary Menu

SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK MAY 9—13, 2011

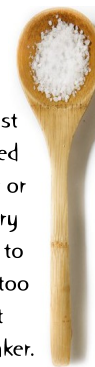
Thank
You!



Thank
You!

COOK FRESH.

A lot of processed foods – cereal, ketchup, cheese, and soda, to name just a few common items -- are often loaded with sodium (whether you can taste it or not) and most restaurant meals are very high in salt, too. In fact, the best way to be sure that your family is not eating too much sodium is to cook fresh foods at home and keep your hands off the shaker.



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

Monday, May 2

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One
Cheeseburger / Bun
Texas Pork BBQ / Bun

Sides

Fresh Baked Potato Half
Fresh or Canned Fruit
And Choc. Chip Cookie

Tuesday, May 3

Breakfast

Cereal; Grahams

Lunch

Choice of One
Safari Shaped Chicken Nuggets
Meatballs w/cheese

Sides

Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Wheat Roll(s)

Wednesday, May 4

Breakfast

Sausage Biscuit

Lunch

Choice of One
Assorted Pizza Wedge
PBJ Uncrustable

Sides

Garden Salad w/dressing
Hot Vegetable of Choice
Fresh or Canned Fruit
Crackers

Thursday, May 5

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Choice of One
Beef Taco/ Soft Shell
w/grated cheese
Deli Meat & Cheese Roll-up

Sides

Golden Corn
Fresh or Canned Fruit

Friday, May 6

Breakfast

Yogurt; Grahams

Welcome Moms!

Mother's Day Lunch

Choice of One
Asian Chicken w/ Rice
Crispy Corn Dog

Sides

Steamed Broccoli
Mixed Vegetables
And *Strawberry Shortcake*

**MOTHER'S DAY
MAY 8**



Moms —If you wish to enjoy our Mother's Day Lunch, please be sure to notify your school cafeteria so we may better prepare for you.
Adult Meal—\$2.25, Visiting Child's Meal—\$1.40

Parents,

- All account balances are carried forward to the next school year.
- Please remember to clear any charges that may be on your child's account.
- Log on to Café Prepay and make sure your child's account balance will cover meals and snacks through the end of the school year.
- Call the School Nutrition Office if you have any questions. 522-3700, x160, x161, x162, x164

Thank you!

NOTE: We will not accept checks after Friday, May 6, 2011.



Monday, May 9

Breakfast

Breakfast Pizza

Lunch

Choice of One
Hot Dog / Bun
With or without Chili
Meatballs w/cheese / Bun

Sides

Oven Baked French Fries
Fresh Veggies w/ dip
Fresh or Canned Fruit

Tuesday, May 10

Breakfast

Cereal; Grahams

Lunch

Choice of One
Popcorn Chicken
Manager's Choice

Sides

Mashed Potatoes
Green Peas
Fresh or Canned Fruit
Wheat Roll(s)

Wednesday, May 11

Breakfast

Chicken Biscuit

Lunch

Choice of One
Assorted Pizza Wedge
PBJ Uncrustable

Sides

Garden Salad w/dressing
Hot Vegetable of Choice
Fresh or Canned Fruit
Crackers

Thursday, May 12

Breakfast

Cereal; Grahams

"Brunch for Lunch"

Sausage (or Chix) Pattie
Egg & Cheese Frittata
Crispy Potato Coins
Baked Apples
Biscuit(s)

Friday, May 13

Breakfast

Yogurt; Muffin

Lunch

Choice of One
Crispy Corn Dog
Manager's Choice

Sides

Golden Corn
Cucumber Wheels w/ dip
Frozen Fruit Sherbet

MENU FACTS:

100% Fruit Juice is served with every Breakfast

Low-Fat white & flavored milk is offered daily with all school meals

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.



Monday, May 16

Breakfast
Breakfast Pizza
Fruit Cup

Lunch
Choice of One
Cheeseburger / Bun
Turkey/Pork BBQ / Bun
Sides
Crispy Potato Wedges
Fresh Veggies w/ dip
Fresh or Canned Fruit

Tuesday, May 17

Breakfast
Cereal; Grahams

Lunch
Choice of One
Chicken Nuggets
Manager's Choice
Sides
Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Wheat Roll(s)

Wednesday, May 18

Breakfast
Bkf. Biscuit of Choice
*Yea! It's
Tutti Frutti-Veggie Weggie Day*
Lunch
Choice of One
Assorted Pizza Wedge
PBJ Uncrustable
Sides
Fresh Garden Salad
w/dressing ; Crackers
Fresh Seasonal Fruit
And Bag of Whole Grain Cookies

Thursday, May 19

Breakfast
Cereal; Grahams

Lunch
Choice of One
Chicken Fajita / Asian
Chicken w/Rice
Manager's Choice
Sides
Steamed Broccoli w/cheese
Fresh or Canned Fruit

Friday, May 20

Breakfast
Yogurt; Muffin

Lunch
Choice of One
Popcorn Chicken
w/ Bakery Dinner Roll
Crispy Corn Dog
Sides
Golden Corn
Frozen Fruit Sherbet

Monday, May 23

Breakfast
School's Choice

Lunch
Choice of One
Bacon Cheese Turkey
Burger / Bun
Manager's Choice
Sides
French Fries
Fresh Veggies w/ dip
Fresh or Canned Fruit

Tuesday, May 24

Breakfast
School's Choice

Lunch
Choice of One
Chicken Nuggets
Manager's Choice
Sides
Mashed Potatoes
Green Peas
Fresh or Canned Fruit
Wheat Roll(s)

Wednesday, May 25

Breakfast
School's Choice

Lunch
Choice of One
Assorted Pizza Wedge
PBJ Uncrustable
Sides
Garden Salad w/dressing
Hot Vegetable of Choice
Fresh or Canned Fruit

Thursday, May 26

Breakfast
School's Choice

Lunch
Choice of One
Popcorn Chicken
w/ Bakery Dinner Roll
Manager's Choice
Sides
Veggie of Choice
Fruit of Choice

Friday, May 27

Breakfast
School's Choice

Last Day of School
Elem. Early Dismissal
Deli Sandwich or PBJ
Veggie of Choice
Fruit of Choice

Happy Summer!



Food consumed close to bedtime is no more fattening than food eaten at any other time of day. What matters is the total amount of calories that you eat in a day. So if you eat three good-sized meals and THEN eat a big late night snack, you probably WILL get too many calories.

A TASTY MORSEL FOR PARENTS

Monday, May 30



Tuesday, May 31

SUMMER FUN!



Thanks for your
business this
year!
Have a great
summer!

From: The
Cafeteria
Staff

To: Our
Customers



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