



Lynchburg City Schools Elementary Menu

Please check with your cafeteria manager if your child has any dietary concerns.

SCHOOL NUTRITION EMPLOYEE APPRECIATION WEEK MAY 6—10, 2013

Thank
You!



Thank
You!

MENU NOTES

Choice of milk served with all complete meals:
Skim & 1% white for breakfast and white &
flavored milk for lunch.

100% Fruit Juice is served with every Breakfast.
Cereal is available every day.

"Offer vs. Serve" - Students may decline 1 item for
breakfast and 1 or 2 items for lunch if they choose.
Prices remain the same whether the full meal is
chosen or an item is declined.

Menus are subject to change without notice.



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

Wednesday, May 1

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Assorted Pizza Wedge
Or Deli Sandwich
Fresh Romaine Green
Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, May 2

Breakfast

Pork Chop Biscuit

Brunch for Lunch

Scrambled Eggs w/cheese
Turkey Bacon
Yogurt
Crisp Potato Coins
100% Fruit Juice
WG Toast



Friday, May 3

Breakfast

String Cheese; Muffin

Lunch

Crisp Turkey Corn Dog
Or Manager's Choice
Golden Corn
Fresh Veggies w/ dip
Assorted Fruit Choices

A Note from the Child Nutrition Director

Please remember to clear any charges that may be on your child's account now. If no money is received and no previous arrangements have been made, School Nutrition will provide a toasted cheese sandwich or cheese crackers, a fruit, and a carton of milk as an emergency snack. Your parental assistance with this matter is greatly appreciated. You may reach me at 515-5062
Meryl Smith, Director

Monday, May 6

Breakfast

Turkey Sausage WG
Breakfast Square

Lunch

Pork Chop /WG Bun Or
Manager's Choice Entree
Baked Sweet Potato Fries
Seasoned Green Beans
Assorted Fruit Choices

Tuesday, May 7

Breakfast

Chicken Biscuit

Lunch

Sweet BBQ Chicken
Nuggets
Or Sliced Ham
Creamy Mashed Potatoes
Orange Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, May 8

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Assorted Pizza Wedge
Or Deli Sandwich
Fresh Garden Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, May 9

Breakfast

Canadian Turkey Bacon &
Cheese on Bakery Roll

Lunch

Whole Grain Fish Sticks
Or Cheesy Meatballs
Macaroni & Cheese
Green Peas
Fresh Cucumbers w/dip
Assorted Fruit Choices

Friday, May 10

Breakfast

Yogurt; Grahams

"Mother's Day"

Lunch

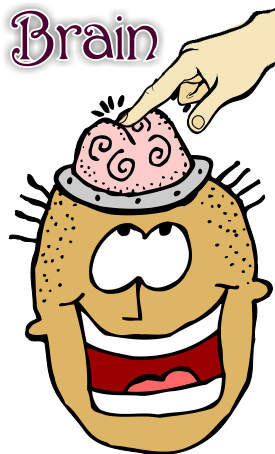
Fresh Made Chicken Salad
On WG Croissant
Or Turkey & Cheese on
WG Croissant
Fresh Lettuce & Tomato
Fresh Baked Potato
Steamed Broccoli
Fresh Strawberries



Moms—If you wish to enjoy our Mother's Day lunch with your child, please notify your school cafeteria so we may better prepare for you.
Thank you!

Adult Meal—\$2.60 Visiting Child—\$1.75

Brain Ticklers



What do cats have that no other animal has?

(Hold the page upside down and read it in a mirror for the answer!)

Kittens!

Monday, May 13

Breakfast

Turkey Sausage WG
Breakfast Square
Fruit of Choice

Lunch

Hot Dog / WG Bun
With/without Chili
Or Meatballs w/Cheese on
Whole grain HD Bun
Home-style Baked Beans
Crispy Cole Slaw
Assorted Fruit Choices

Tuesday, May 14

Breakfast

Egg Quesadilla; Fruit of
Choice

Lunch

Popcorn Chicken
Or Sliced Ham
Creamy Mashed Potatoes
Capri Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, May 15

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Assorted Pizza Wedge
Or Deli Sandwich
Fresh Romaine Green
Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, May 16

Breakfast

Chicken Biscuit

Lunch

Chicken Fajita w/shr. cheese
on WG tortilla shell Or
Turkey & Cheese Roll-Up
Golden Corn
Broccoli w/cheese
Assorted Fruit Choices



Friday, May 17

Breakfast

Yogurt; Grahams



Lunch

100% Local Beef
Cheeseburger/ WG Bun
w/ lettuce & tomato Or
Manager's Choice
Sweet Potato French Fries
Celery/Carrot Sticks w/dip
Assorted Fruit Choices
Chocolate Chip Cookie

Monday, May 20

Breakfast

School's Choice

Lunch

Texas BBQ/ WG Bun OR
Turkey & Cheese/WG Bun
Fresh Baked Sweet Potato
California Blend Veggies
Assorted Fruit Choices



Tuesday, May 21

Breakfast

Maple Glazed French Toast;
Turkey Bacon

"Swim into Summer"

Lunch

Shark Shaped
Chicken Nuggets
Or Sliced Ham
Creamy Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, May 22

Breakfast

Cereal; Grahams

Lunch

Assorted Pizza Wedge
Or Deli Sandwich
Fresh Garden Green Salad
w/ shredded carrots
Hot Vegetable of Choice
Fresh Strawberries

Thursday, May 23

Breakfast

Canadian Turkey Bacon &
Cheese on Bakery Roll

Lunch

100% Local Beef
Cheeseburger/ WG Bun
w/ lettuce & tomato Or
Manager's Choice
Home-Style Baked Beans
Fresh Cucumbers w/ dip
Assorted Fruit Choices

Friday, May 24

Breakfast

String Cheese; WG Muffin

Lunch

Chicken Fillet/ WG Bun Or
Honey BBQ Rib/WG Bun
Crisp Potato Wedges
Broccoli w/cheese
Assorted Fruit Choices



Monday, May 27



Tuesday, May 28

Breakfast

School's Choice

Lunch

Pork Chop / WG Bun OR
Turkey & Cheese/WG Bun
Fresh Baked Potato
Fresh Veggies w/dip
Assorted Fruit Choices

Wednesday, May 29

Breakfast

School's Choice

Lunch

Manager's Choice Entree
Vegetable of Choice
Assorted Fruit Choices

Thursday, May 30

Breakfast

School's Choice

Early Dismissal
Last Day of School!



Grab & Go Lunch

Sandwich of Choice
Fresh Veggies
Fruit of Choice

Friday, May 31

TEACHER
WORK
DAY



DON'T 4 GET!

... to have a GREAT SUMMER!

We'll be ready for all
returning students next
year with more delicious,
healthful meals for you!

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