



Menus for May 2017

Lynchburg City Schools Elementary School Menus

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

SCHOOL LUNCH SUPERHERO DAY MAY 5TH



AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY 1-5

Available Daily at Lunch

Smuckers PB&J
Uncrustable Combo Meal
Freshly Prepared Chef Salad
offered w/CROUTONS or Crackers
JIF Protein Pack
Combo Meal (Wednesdays)

Monday, May 1

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, May 2

Lunch Entrées (Choose 1)

Breaded Chicken Patty on WG Bun
Italian Deli Sub
Sandwiches offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Crunchy Baby Carrots
Steamed Broccoli
Cry Baby Sour Cherry
Frozen Fruit Cup

Wednesday, May 3

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, May 4

Lunch Entrées (Choose 1)

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

Lunch Sides (All Included)

Steamed Sweet Green Peas
Seasoned Pinto Beans
Fresh Apple Slices

Friday, May 5

Lunch Entrées (Choose 1)

Pizza Crunchers
Turkey & Cheese Deli Wrap

Lunch Sides (All Included)

Romaine Garden Salad
Crispy Tater Coins
Diced Freestone Peaches

Weekly Breakfast Menus

May 1-5, 15-19, 30, 31

Monday: Breakfast Chicken Slider
Tuesday: Cereal & String Cheese
Wed: Kellogg's WG Mini Pancakes
Thursday: Cereal & Elf Grahams
Fri: Yogurt & Goldfish Grahams

May 8-12 & 22-26

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

Monday, May 8

Lunch Entrées (Choose 1)

Chicken Nuggets w/Pretzel Bites
100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Southern Baked Beans
Steamed Broccoli
Applesauce

Tuesday, May 9

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Breaded Pork Steak on WG Bun

Lunch Sides (All Included)

Romaine Garden Salad
California Vegetable Medley
Sweet Strawberry Cup
Fresh Orange Wedges

Wednesday, May 10

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, May 11

Lunch Entrées (Choose 1)

Spaghetti & Meatballs w/breadstick
Breaded Chicken Patty on WG Bun

Lunch Sides (All Included)

Fresh Made Broccoli Salad
Steamed Sweet Green Peas
Diced Freestone Peaches

Friday, May 12

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
Chilled Mixed Fruit

Monday, May 15

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, May 16

Lunch Entrées
(Choose 1)

Breaded Chicken Patty on WG Bun
Italian Deli Sub
Sandwiches offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Crunchy Baby Carrots
Steamed Broccoli
Cry Baby Sour Cherry
Frozen Fruit Cup

Wednesday, May 17

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, May 18

Lunch Entrées
(Choose 1)

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

School Made Mac & Cheese

Lunch Sides
(All Included)

Steamed Sweet Green Peas
Seasoned Pinto Beans
Fresh Apple Slices

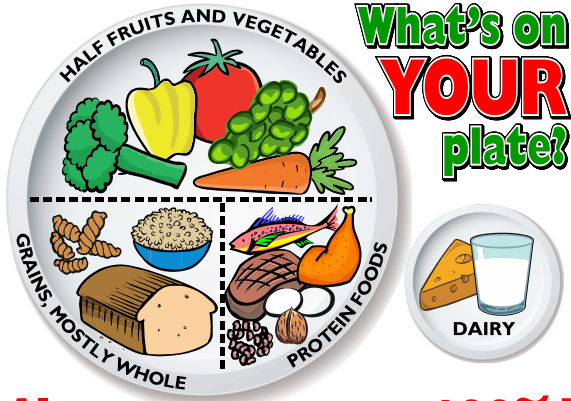
Friday, May 19

Lunch Entrées
(Choose 1)

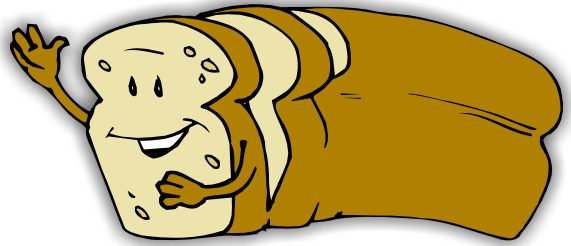
Pizza Crunchers
Turkey & Cheese Deli Wrap

Lunch Sides
(All Included)

Romaine Garden Salad
Crispy Tater Coins
Diced Freestone Peaches



Always try to score 100%!



The healthiest – and tastiest! – bread you can eat is the kind that says "100% whole wheat." Check out a loaf of the bread you usually eat. Does it say "100%" on the front label? Is "whole wheat flour" the first ingredient listed? Does the "Nutrition Facts" label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations – you score 100%! If you didn't answer yes to all three, give 100% whole wheat bread a try!

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

Monday, May 22

Lunch Entrées
(Choose 1)

Chicken Nuggets w/Pretzel Bites
100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Southern Baked Beans
Steamed Broccoli
Applesauce

Tuesday, May 23

Lunch Entrées
(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Breaded Pork Steak on WG Bun

Lunch Sides
(All Included)

Romaine Garden Salad
California Vegetable Medley
Sweet Strawberry Cup
Fresh Orange Wedges

Wednesday, May 24

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, May 25

Lunch Entrées
(Choose 1)

Spaghetti & Meatballs w/breadstick
Breaded Chicken Patty on WG Bun

Lunch Sides
(All Included)

Fresh Made Broccoli Salad
Steamed Sweet Green Peas
Diced Freestone Peaches

Friday, May 26

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
Chilled Mixed Fruit

Monday, May 29

MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 30

Lunch Entrées
(Choose 1)

Breaded Chicken Patty on WG Bun
Italian Deli Sub
Sandwiches offered with Lettuce & Sliced Tomato

Lunch Sides
(All Included)

Crunchy Baby Carrots
Steamed Broccoli
Cry Baby Sour Cherry
Frozen Fruit Cup

Wednesday, May 31

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

OUR NATION'S HISTORY

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like "Song of Myself" and "Oh Captain, My Captain!" which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.

WITH LIBERTY & JUSTICE FOR ALL