



Menus for
May 2017
Lynchburg City Schools
Hutcherson ELC
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 for Lunch

Ham & Cheese Sandwich
 Or
 Turkey & Cheese
 Sandwich

Sandwiches made with
 Pepperidge Farm
 Goldfish Bread

Monday, May 1

Lunch Entrée
 Corn Dog Nuggets

Lunch Sides
 (All Included)
 Lima Beans
 Diced Strawberries
 1% or Fat Free White Milk

Tuesday, May 2

Lunch Entrée
 Breaded Chicken Patty on Bun

Lunch Sides
 (All Included)
 Steamed Broccoli
 CRY BABY Sour Cherry
 Frozen Fruit Cup
 1% or Fat Free White Milk

Wednesday, May 3

Lunch Entrée
 Shrimp Poppers

Lunch Sides
 (All Included)
 Green Beans
 Mixed Fruit
 1% or Fat Free White Milk

Thursday, May 4

Lunch Entrée
 Creamy Macaroni & Cheese

Lunch Sides
 (All Included)
 Seasoned Pinto Beans
 Fresh Apple Slices
 1% or Fat Free White Milk

Friday, May 5

Lunch Entrée
 Pizza Crunchers

Lunch Sides
 (All Included)
 Crispy Tater Coins
 Diced Freestone Peaches
 1% or Fat Free White Milk

Monday, May 8

Lunch Entrée
 100% Beef Patty on WG Bun

Lunch Sides
 (All Included)
 Southern Baked Beans
 Applesauce
 1% or Fat Free White Milk

Tuesday, May 9

Lunch Entrée
 Pizza Dippers w/Marinara Sauce

Lunch Sides
 (All Included)
 Romaine Garden Salad
 Fresh Orange Slices
 1% or Fat Free White Milk

Wednesday, May 10

Lunch Entrée
 Breakfast for Lunch

Lunch Sides
 (All Included)
 Seasoned Diced Potatoes
 1/2 Fresh Banana
 1% or Fat Free White Milk

Thursday, May 11

Lunch Entrée
 Spaghetti & Meatballs

Lunch Sides
 (All Included)
 Sweet Green Peas
 Diced Peaches
 1% or Fat Free White Milk

Friday, May 12

Lunch Entrée
 Fun Fish Nuggets

Lunch Sides
 (All Included)
 Crunchy Baby Carrots
 Mixed Fruit
 1% or Fat Free White Milk

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:
 Fruit Juice & Milk

Monday, May 15

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)
Lima Beans
Diced Strawberries

1% or Fat Free White Milk

Tuesday, May 16

Lunch Entrée
Breaded Chicken Patty on Bun

Lunch Sides
(All Included)
Steamed Broccoli
Applesauce

1% or Fat Free White Milk

Wednesday, May 17

Lunch Entrée
Baked Chicken

Lunch Sides
(All Included)
Green Beans
Mixed Fruit

1% or Fat Free White Milk

Thursday, May 18

Lunch Entrée
100% Beef Patty on WG Bun

Lunch Sides
(All Included)
Seasoned Pinto Beans
Fresh Apple Slices

1% or Fat Free White Milk

Friday, May 19

Lunch Entrée
Pizza Crunchers

Lunch Sides
(All Included)
Crispy Tater Coins
Diced Freestone Peaches

1% or Fat Free White Milk

Monday, May 22

Lunch Entrée
Chicken Nuggets

Lunch Sides
(All Included)
Steamed Broccoli
Applesauce

1% or Fat Free White Milk

Tuesday, May 23

Lunch Entrée
Breaded Pork Steak on Bun

Lunch Sides
(All Included)
Romaine Garden Salad
Fresh Orange Slices

1% or Fat Free White Milk

Wednesday, May 24

Lunch Entrée
Breakfast for Lunch

Lunch Sides
(All Included)
Seasoned Diced Potatoes
1/2 Fresh Banana

1% or Fat Free White Milk

Thursday, May 25

Lunch Entrée
Spaghetti & Meatballs

Lunch Sides
(All Included)
Sweet Green Peas
Diced Peaches

1% or Fat Free White Milk

Friday, May 26

Lunch Entrée
Pizza Slice

Lunch Sides
(All Included)
Crunchy Baby Carrots
Mixed Fruit

1% or Fat Free White Milk

Monday, May 29



MEMORIAL DAY
NO SCHOOL TODAY

Tuesday, May 30

Lunch Entrée
Breaded Chicken Patty on Bun

Lunch Sides
(All Included)
Steamed Broccoli
Applesauce

1% or Fat Free White Milk


Wednesday, May 31

Lunch Entrée
Shrimp Poppers

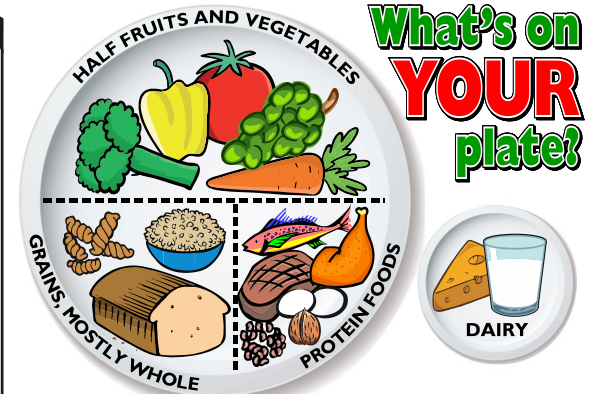
Lunch Sides
(All Included)
Green Beans
Mixed Fruit

1% or Fat Free White Milk

I am the letter



violin



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

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



A JOB IN THE SCHOOL CAFETERIA ALLOWS YOU TO BE AT HOME WHEN YOUR FAMILY NEEDS YOU THERE. CALL TODAY FOR MORE INFORMATION!

(434) 515-5060