

# Menus for May 2012

## Lynchburg City Schools Elementary Menu

Monday, April 30

### Breakfast

WG Turkey Sausage Bkf.  
Square; Fruit of Choice

### Lunch

Local Organic 100% Beef  
Cheeseburger / WG Bun  
Or Texas BBQ / WG Bun  
Sides (1/2 of your plate)  
Savory Potato Wedges  
Carrot & Celery Sticks w/dip  
Fresh or Canned Fruit

Tuesday, May 1

### Breakfast

Cereal; WG Grahams

### Lunch

Chicken Nuggets  
Or Sliced Ham  
Sides (1/2 of your plate)  
Creamy Mashed Potatoes  
Fresh Fzn Green Peas  
Fresh or Canned Fruit  
Fresh Baked Wheat Rolls

Wednesday, May 2

### Breakfast

Crispy Steak Biscuit

### Lunch

Assorted Wedge Pizza  
Or PBJ Uncrustable  
Sides (1/2 of your plate)  
Tossed Garden Salad  
w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

Thursday, May 3

### Breakfast

Blueberry Pancakes  
w/ syrup; Fresh Fruit

### Lunch

Fresh Chicken Salad / WG Bun  
Deli Meats w/ cheese / WG Bun  
Sides (1/2 of your plate)  
Oven Roasted Red Skinned  
Potatoes  
Fresh Fzn. Green Beans  
Fresh Fruit Cup  
Chocolate Chip Cookie

Friday, May 4

### Breakfast

Yogurt; WG Grahams

### Lunch

Crispy WG Fish Sticks\*  
w/ WG Toast or  
Honey BBQ Rib / WG Bun  
Sides (1/2 of your plate)  
Fresh Frozen Corn  
Fresh Cucumber Wheels  
w/ ranch dip  
Frozen Fruit Sherbet

\*Whole Muscle Cold Water Pollock

Monday, May 7

### Breakfast

WG Turkey Sausage Bkf.  
Bagel; Applesauce Cup

### Lunch

Hot Dog / WG Bun  
With/without Chili or  
Meatball w/cheese / WG Bun  
Sides (1/2 of your plate)  
Crispy Potato Wedges  
Fresh Fzn. Mixed Vegetables  
Fresh or Canned Fruit

Tuesday, May 8

### Breakfast

Cereal; WG Grahams  
Fresh Banana

### Lunch

Honey BBQ Chicken Nuggets  
Or Sliced Ham  
Sides (1/2 of your plate)  
Mashed Potatoes  
Fresh Fzn Green Beans  
Fresh or Canned Fruit  
Fresh Baked Wheat Rolls

Wednesday, May 9

### Breakfast

Crispy Chicken Biscuit

### Lunch

Assorted Wedge Pizza  
Or PBJ Uncrustable  
Sides (1/2 of your plate)  
Tossed Garden Salad  
w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

Thursday, May 10

### Breakfast

Cereal; WG Grahams

### Brunch for Lunch

Cheesy Scrambled Eggs  
Sausage Pattie  
Oven Crisp Potato Puffs  
Warm Baked Apples  
Fresh Baked Biscuit



Friday, May 11

### Breakfast

Yogurt; Blueberry Muffin

### Mother's Day Lunch

Fresh Cooked Sliced Turkey Roast  
Or Oven Roasted Chicken  
w/ Wild Grain Seasoned Rice  
Sides (1/2 of your plate)  
Steamed Broccoli w/ cheese  
Golden Corn on Cob  
Fresh Strawberries w/topping  
Sugar Cookie



### Account and Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Money may be placed on your child's account in any amount each school day.
- We allow elementary students 3 breakfast charges and 3 lunch charges for a total of \$7.05. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If no money is received and the parent has not made arrangements for his/her child, School Nutrition will provide a student with a toasted cheese sandwich or cheese crackers, and a carton of milk. This emergency snack provides the nutrition a student needs to get through the school day.
- Parents, please remember it is your responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals.

Monday, May 14

### Breakfast

WG Turkey Sausage Bkf.  
Square; Fruit

### Lunch

Local Organic 100% Beef  
Cheeseburger / WG Bun  
Or Turkey & cheese / WG Bun  
Sides (1/2 of your plate)  
Savory Potato Wedges  
Carrot & Celery Sticks w/dip  
Fresh or Canned Fruit

Tuesday, May 15

### Breakfast

Cereal; WG Grahams  
Fresh Banana

### Lunch

Popcorn Chicken  
Or Sliced Ham  
Sides (1/2 of your plate)  
Creamy Mashed Potatoes  
Fresh Fzn Green Peas  
Fresh or Canned Fruit  
Fresh Baked Wheat Rolls

Wednesday, May 16

### Breakfast

Crispy Steak Biscuit

### Lunch

Assorted Wedge Pizza  
Or PBJ Uncrustable  
Sides (1/2 of your plate)  
Fresh Spinach & Strawberry  
Salad w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

Thursday, May 17

### Breakfast

Blueberry Pancakes w/syrup  
Fresh Fruit

### Lunch

Crispy WG Fish Sticks\*  
With Bakery Dinner Roll  
Or Honey BBQ Rib / WG Bun  
Sides (1/2 of your plate)  
Creamy Macaroni & Cheese  
Fresh Steamed Cabbage  
Fresh or Canned Fruit

\*Whole Muscle Cold Water Pollock

Friday, May 18

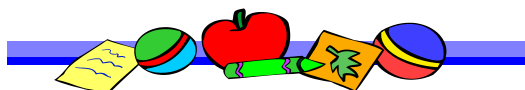
### Breakfast

Flapstick; Fruit

### Lunch

Texas BBQ / WG Bun  
Deli Cold Cuts w/cheese  
/ WG Bun  
Sides (1/2 of your plate)  
Fresh Baked Potato  
Fresh Veggies w/ Ranch dip  
Frozen Fruit Sherbet  
And Choc. Chip Cookie





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 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.

WG = Whole Grain

*Menus are subject to change without notice.*

**Monday, May 21**

**Breakfast**

WG Turkey Sausage Bkf.  
Square; Fruit of Choice

**Lunch**

Hot Dog / WG Bun  
With or without Chili or  
Texas BBQ on / WG HD Bun  
**Sides** (1/2 of your plate)  
Crispy Potato Puffs  
Fresh Veggies w/ dip  
Fresh or Canned Fruit

**Tuesday, May 22**

**Breakfast**

Cereal; WG Grahams

**Lunch**

Chicken Nuggets  
Or Sliced Ham  
**Sides** (1/2 of your plate)  
Creamy Mashed Potatoes  
Fresh Fzn Green Peas  
**Fresh or Canned Fruit**  
Fresh Baked Wheat Rolls

**Wednesday, May 23**

**Breakfast**

Meat Biscuit

**Lunch**

Assorted Wedge Pizza  
Or PBJ Uncrustable  
**Sides** (1/2 of your plate)  
Tossed Garden Salad  
w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

**Thursday, May 24**

**Breakfast**

Cereal; WG Grahams

**Lunch**

Beef Taco w/ Cheese  
on soft shell  
Or Turkey & Cheese Roll-up  
**Sides** (1/2 of your plate)  
Golden Corn  
Fresh Fzn. Green Beans  
Fresh or Canned Fruit  
And Chocolate Chip Cookie

**Friday, May 25**

**Breakfast**

Yogurt; School's choice

**Lunch**

Chicken Fillet / WG Bun  
or Honey BBQ Rib / WG Bun  
**Sides** (1/2 of your plate)  
Fresh Baked Potato  
Broccoli w/ cheese  
Frozen Fruit Sherbet

**Monday, May 28**



**Holiday  
No School**

**Tuesday, May 29**

**Breakfast**

WG Turkey Sausage Bkf.  
Square; Fruit of Choice

*Swim into Summer with  
Shark Chicken Nuggets!*

**Lunch**

Chicken Nuggets  
Or Manager's Choice  
**Sides** (1/2 of your plate)  
Creamy Mashed Potatoes  
Green Vegetable of choice  
Fresh or Canned Fruit

**Wednesday, May 30**

**Breakfast**

Meat Biscuit

**Lunch**

Assorted Wedge Pizza  
Or PBJ Uncrustable  
**Sides** (1/2 of your plate)  
Tossed Garden Salad  
w/ dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

**Thursday, May 31**

**Breakfast**

Flapstick; Fruit

**Lunch**

Manager's Choice  
Hot Vegetable  
Fresh or Canned Fruit  
And Chocolate Chip Cookie



**Friday, June 1**

**Breakfast**

Cereal; WG Grahams

**Lunch**

Chicken Fillet / WG Bun  
Or Manager's choice Meat &  
Cheese Sandwich  
**Sides** (1/2 of your plate)  
Oven Baked French Fries  
Fresh Veggies  
Fresh or Canned Fruit

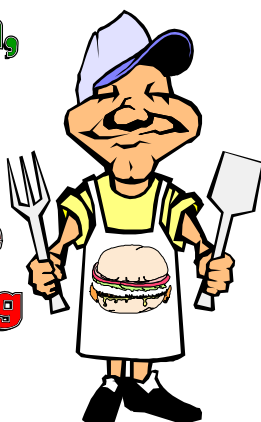
**Parents,**

- 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. This is a FREE service.
- Call the School Nutrition Office if you have any questions. 522-3700

*Thank you!*

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**Yeah, yeah,  
we love  
you, Dad.  
Got those  
coals going  
yet?**



**Father's Day ~ Sunday, June 19**

**Monday, June 4**

**Breakfast**

School's Choice

**Lunch**

Crispy Corn Dog  
Or Mgr's choice  
Hot Veggie of Choice  
Fresh or Canned Fruit

**Tuesday, June 5**

**Breakfast**

School's Choice

**Lunch**

Pizza Slice  
Or Mgr's Choice  
Veggie of Choice  
Fresh or Canned Fruit

**Wednesday, June 6**

**Breakfast**

School's Choice

**Lunch**

PBJ Uncrustable  
Or Mgr's Choice  
Veggie of Choice  
Fresh or Canned Fruit

**Time for  
Summer Fun!**



**Have a  
GREAT SUMMER!**

**Thanks for eating with us this year.  
We look forward to seeing you  
when school starts up again!**