

Menus for November 2011

Lynchburg City Schools Elementary Menu



Menu Facts:

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.

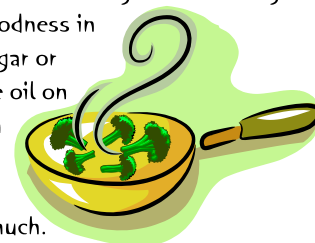
Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.



DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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



Striving for Better Nutrition!

During November, School Nutrition will offer only white, unflavored milk during breakfast. This will allow students to start their school day with good nutrition served with a little less sugar. Flavored skim milk will be available during lunch.



VA Farm-to-School Week November 7—11, 2011

Proud Partners with "Lynchburg Grows"
and now with "Turpin-Arthur" Angus Farms



Tuesday, November 1

Breakfast
Cereal; Grahams
Fresh Banana

Lunch
Choice of One
Honey Pork Rib / Bun
Crisp Chicken Fillet / Bun

Sides
Fresh Baked Potato
Green Beans
Fresh or Canned Fruit

Wednesday, November 2

Breakfast
Sausage Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
Cold Cuts w/cheese / Bun

Sides
Tossed Salad w/dressing
Hot Vegetable
Fresh or Canned Fruit
Crackers

Thursday, November 3

Breakfast
Cereal; Grahams

Lunch
Choice of One
Beef Chili Beans with
Tostitos Baked Scoops
Turkey & Cheese / Bun

Sides
Golden Corn
Fresh Veggies w/ dip
Fresh or Canned Fruit

Friday, November 4

Breakfast
Yogurt; Blueberry Muffin

Lunch
Choice of One
Turkey & Cheese/ Bun
Texas BBQ / Bun

Sides
Potato Wedges
Broccoli w/ cheese
"Juice Alive" Slushie

Monday, November 7

Breakfast
Breakfast Pizza
Applesauce Cup

Lunch
Choice of One
Popcorn Chicken
Sl. Ham & Cheese

Sides
Creamy Mashed Potatoes
Fresh Froz. Green Peas
Fresh or Canned Fruit
Bakery Dinner Roll(s)

Tuesday, November 8



NO SCHOOL TODAY

Make sure your family votes!

Wednesday, November 9

Breakfast
Egg & Cheese Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
Cold Cuts w/cheese / Bun

Sides
Local Spinach/ Spring Mix/Salad w/fresh local radishes/veggies w/ dressing
Local Hot Vegetable of choice
Fresh or Canned Fruit
Crackers

Thursday, November 10

Breakfast
Cereal; Grahams

Lunch
Choice of One
Local 100% Beef Cheeseburger/ Bun with crisp lettuce & pickles
Turkey & Cheese / Bun

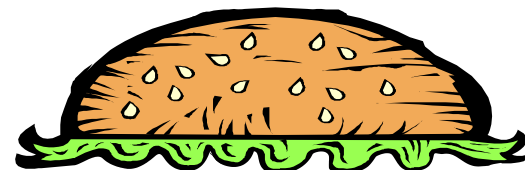
Sides
Crispy Potato Puffs
Black-eyed Peas & Corn
Fresh Orange Wedges and Choc Chip Cookie

Friday, November 11

Veteran's Day Breakfast
Yogurt; Belly Bears

Grab & Go Lunch
Elementary Dismissal at 12:10

PBJ Uncrustable (or Turkey & Cheese / Bun)
Baby Carrots
Fresh VA. Apple Slices and Bag of "Hugs not Drugs" Cookies

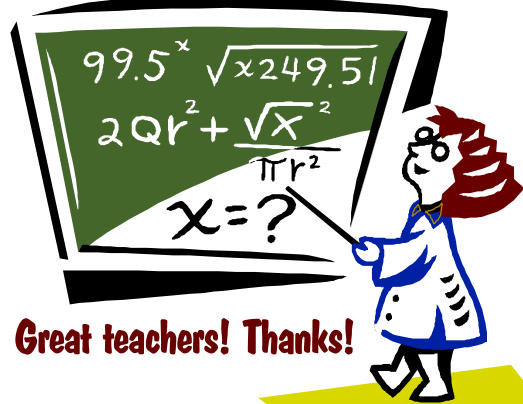


NUTRITION TO GO

Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

A TASTY MORSEL FOR PARENTS

The simple formula for great learning?



Great teachers! Thanks!

American Education Week, Nov. 13-19

Monday, November 14

Breakfast

Breakfast Pizza

Lunch

Choice of One
Texas BBQ / Bun
Crispy Chicken Fillet / Bun
Sides

Macaroni & Cheese
Fresh Steamed Cabbage
Fresh Orange Wedges
and Chocolate Chip Cookie

Tuesday, November 15

Breakfast

Cereal; Grahams

Lunch

Choice of One
Oven Fried Chicken
Sl. Ham w/ cheese
Sides

Fresh Sweet Potato
Fresh Froz. Green Peas
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wednesday, November 16

Breakfast

Chicken Biscuit

Lunch

Choice of One
French Bread Pizza
Chicken Salad Croissant
Sides

Corn on Cob
Broccoli w/ cheese
And **Strawberry Dessert**

Thursday, November 17

Breakfast

Flapstick; Fresh Orange Wedges

Lunch

Choice of One
Mixed Greens Chef Salad
w/Ham, Turkey, Cheese/dressing
Spicy BBQ Rib / Bun
Sides

Oven Roasted Red Potatoes,
Onions, & Fresh Baby Carrots
Yogurt Parfait w/ Fruit
Cheesy Bread

Friday, November 18

Breakfast

Yogurt; Blueberry Muffin

Lunch

Choice of One
100% Beef Cheeseburger/Bun
Warm Cheesy Italian Sub
w/ all the Fixin's
Sides

Seasoned Potato Wedges
Side Salad w/dressing
"Juice Alive" Frozen Slushie
and Oatmeal Raisin 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.
- We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager. You may also contact the School Nutrition Office in the School Administration Building at 522-3700, ext 160 or ext 164. We will assist you with any concerns or questions.

Monday, November 21

Breakfast

Cereal; Grahams

Lunch

Choice of One
Hot Dog/ Bun
With/without Chili
Ham & Cheese / HD Bun
Sides

Baked Beans
Fresh Veggies w/ dip
Fresh or Canned Fruit

Tuesday, November 22

Breakfast

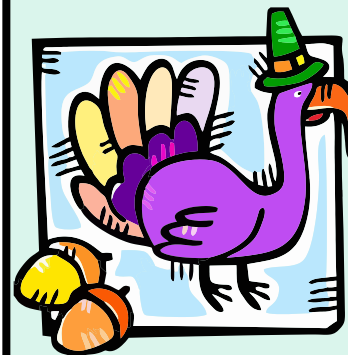
School's Choice

Thanksgiving Lunch

Choice of One
Oven Roasted Turkey w/gravy
Turkey Shaped Chicken Nuggets
Sides

Creamy Mashed Potatoes
Green Beans
Fresh Bananas/Fruit in Jello
Fresh Baked Wheat Roll(s)
And Holiday Dessert

Thanksgiving Break



See you back here on **Monday, November 28!**

Monday, November 28

Breakfast

Breakfast Pizza
Fruit Cup

Lunch

Choice of One
Crisp Chicken Fillet/ Bun
Honey BBQ Rib / Bun
Sides

Potato Puffs
Mixed Vegetables
Fresh or Canned Fruit
and Chocolate Chip Cookie

Tuesday, November 29

Breakfast

Cereal; Grahams

Lunch

Choice of One
Fun-Shaped Chicken Nuggets
Ham & Cheese
Sides

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

Wednesday, November 30

Breakfast

Sausage Biscuit

Lunch

Choice of One
Assorted Wedge Pizza
PBJ Uncrustable
Sides

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

Thursday, December 1

Breakfast

Blueberry Pancakes w/syrup
Seasonal Fresh Fruit

Lunch

Fresh Made Beef
Vegetable Soup
Toasted Cheese Sandwich
Crisp Potato Wedges
Strawberry Yogurt Parfait



Friday, December 2

Breakfast

Cereal; Grahams

Lunch

Choice of One
Crisp Corn Dog
Fish Fillet w/ Cheese / Bun
Sides

Broccoli w/ cheese
Golden Corn
"Juice Alive" Frozen Slushie



Hey Boys & Girls

Tootie Fruiti-Veggie Weggie Day is Back!
Choose the Chef Salad and Fresh Roasted Vegetables on Thursday, November 17th and receive a fun tray surprise. Eating Healthy always has its rewards!

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."