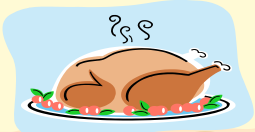


Menus for November 2013

**Lynchburg City
Schools
Elementary Menu**



WG = Whole Grain



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.



Friday, November 1

Breakfast

Cereal; Grahams;
WG Toast;
100% Juice; Milk

Lunch

Crispy WG Fish Sticks
Or Popcorn Chicken
Baked Beans
Broccoli w/ cheese
100% Fruit/Veggie Juice
Wheat Dinner Roll
Assorted Milk

**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



SUNDAY, NOV. 3

Monday, November 4

Breakfast

WG Turkey Sausage
Breakfast Square
100% Fruit Juice; Milk

Lunch

Hot Dog/ WG Bun
With or without Chili
Or Meatballs/ WG Bun
w/ Sauce & Cheese
Baked French Fries
Crunchy Cole Slaw
Sliced Fresh Apples
Assorted Milk

Tuesday, November 5



**No School
Today**

*Make sure your
family votes!*

Wed., November 6

Breakfast

Cereal; Grahams;
WG Toast;
1/2 Fresh Banana
100% Juice; Milk

Lunch

Assorted Pizza or
Deli Sandwich
Romaine Salad Greens
with Cherry Tomatoes
Hot Vegetable of
Choice
Assorted Fruit Choices
Assorted Milk

Thursday, November 7

Breakfast

Flapstick; Fruit
100% Juice; Milk

Lunch

Chicken Nuggets or
Sliced Ham
Creamy Mashed
Potatoes
Glazed Carrots
Assorted Fruit
Choices
Fresh Baked Wheat
Roll Assorted Milk

Friday, November 8

Breakfast

Yogurt; Muffin; Grahams
100% Juice; Milk

Lunch

Crispy Corn Dog or
Texas BBQ/ WG Bun
Cucumber Wheels
With Ranch dip
Golden Corn
100% Fruit/Veggie Juice
Assorted Milk

HABIT FORMING.

Lots of things that are bad
for you are habit-forming,
but so are some good
things. Eating breakfast,
for instance. Research has
shown that kids who eat a
good breakfast most days
when they're young are more likely
to keep doing so as teens and adults.



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



Virginia Farm to School Week November 11—15, 2013

"An investment in the health of America's students through
farm to school activities is also an investment in the health of
local economies," said Agriculture Secretary, Tom Vilsack. "We
know that when students have experiences such as tending a
school garden or visiting a farm they'll be more likely to make
healthy choices in the cafeteria. We also know that when
schools invest their food dollars in their local communities, all
of agriculture benefits, including local farmers, ranchers, fisher-
men, food processors and manufacturers."

Check out our local fresh fruits, our vegetables from
Lynchburg Grows , & our local **fresh beef** from Turpin-
Arthur Farms. **"We've Gone Local!"**

Monday, November 11

Breakfast

WG Turkey Sausage
Breakfast Square
100% Fruit Juice; Milk

Lunch

Chicken Fillet/ WG Bun
Or Pork Chop in
White Gravy with
bakery wheat roll
Baked Sweet Potato
Green Beans
Local Fresh Pear
Assorted Milk

Tuesday, November 12

Breakfast

Cereal; Grahams;
WG Toast;
100% Juice; Milk

Lunch

Popcorn Chicken or
Sliced Ham
Whipped Potatoes
Turnip Greens
Assorted Fruit Choices
Fresh Baked Wheat Roll
Assorted Milk

Wed., November 13

Breakfast

French Toast Sticks
Fresh Bananas
100% Juice; Milk

Lunch

Cheesy Pizza Sticks or
PBJ Sandwich
Local Salad Greens
with Cherry Tomatoes
Hot Vegetable of
Choice
Local Fresh Apple
Assorted Milk

Thursday, November 14

Breakfast

Sausage Biscuit;
100% Juice; Milk

Lunch

**Local 100% Beef
Cheeseburger/ WG Bun**
Lettuce & Tomato or
Texas BBQ/ WG Bun
Pinto Beans w/
grated Cheese
**Steamed Local
Cabbage**
Assorted Fruit Choices
Milk

Friday, November 15

Breakfast

Cereal; Grahams;
WG Toast;
100% Juice; Milk

Brunch for Lunch

Turkey Sausage/Bacon
Scrambled Eggs;
Yogurt
Crisp Potato Coins
Baked Apples
WG Toast
100% Fruit Juice
Assorted Milk



In Honor of
American Education Week
 School Nutrition invites all
 LCS employees to join us for a
 Delicious & Nutritious School
 Lunch. Look for your Coupon!



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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

American Education Week: November 18—22, 2013—Great Public Schools: A Basic Right and Our Responsibility

Monday, November 18

Breakfast

WG Turkey Sausage
 Breakfast Square
 100% Juice; Milk

Lunch:

Meatballs/ WG Bun
 w/ Sauce & Cheese or
 Deli-Pepperoni Sub
 W/ let-tom-onion
 Fresh Baked Potato
 Fresh Side Salad w/
 tomatoes & carrots
 Seasonal Fresh Fruit
 Assorted Milk

Tuesday, November 19

Breakfast

Cereal; Grahams
 WG Toast
 100% Juice; Milk

Lunch:

Oven Baked Chicken
 Or Chicken Nuggets
 Mashed Potatoes
 Seasoned Green Beans
 Assorted Fruit Choices
 Fresh Baked Wheat Roll
 Assorted Milk

(Parent's Day)

Wed., November 20

Breakfast

Cinnamon French Toast
 Fresh Orange Smiles
 100% Juice; Milk

Lunch:

Fresh Made Chicken
 Vegetable Soup
 Toasted Cheese
 Sandwich or PBJ
 Tropical Fruit Salad
 Mini Bag Goldfish Crackers
 Assorted Milk



Thursday, November 21

Breakfast

Cereal; Grahams; WG Toast
 100% Juice; Milk

Lunch:

Fresh Chicken Salad
 w/ Breadstick or
 Chicken Fillet/WG Bun
 Both w/Let & Tom
 Baked Sweet Potato
 Broccoli w/ cheese
 Fresh Strawberries w/
 whipped cream
 Assorted Milk

(Grandparent's Day)

Friday, November 22

Breakfast

Yogurt; Grahams
 WG Toast
 100% Juice; Milk

Lunch:

Beef Taco/ Soft Shell
 w/cheese & lettuce or
 Turkey & Cheese Roll-Up
 Fresh Broccoli Salad
 Golden Corn
 Seasonal Fresh Fruit
 Assorted Milk

Monday, November 25

Breakfast

WG Turkey Sausage
 Breakfast Square
 100% Juice; Milk

Lunch

Hot Dog/ WG Bun
 Or Crisp Corn Dog
 Baked Beans
 Fresh Veggies w/ dip
 Assorted Fruit Choices
 Assorted Milk



TUESDAY, NOVEMBER 26

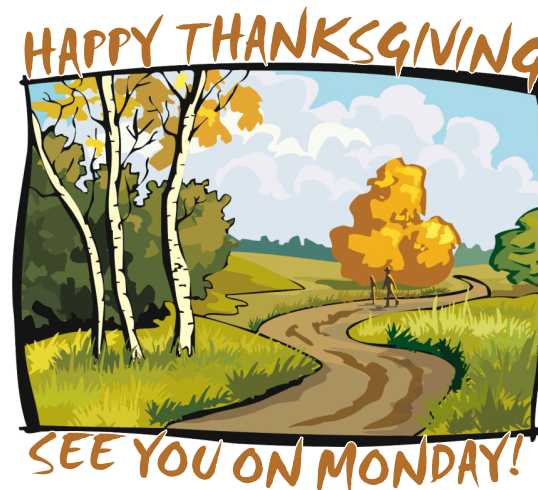
Tuesday, November 26

Breakfast

Cereal; Grahams
 WG Toast
 100% Juice; Milk

Thanksgiving Lunch

Sliced Turkey w/ gravy or
 "Turkey Shaped" Nuggets
 Mashed Sweet Potatoes
 Seasoned Green Beans
 Warm Apple Crisp
 Fresh Baked Wheat Roll
 Assorted Milk



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