

Menus for November 2016

Lynchburg City Schools
Bass Elementary School Menus



BREAKFAST MENUS

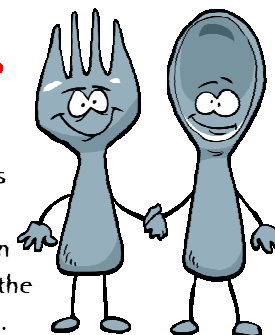
November 1-4, 14-18, 28-30
 Monday: Pillsbury WG FRUDEL
 Tuesday: Cereal & String Cheese
 Wednesday: Pillsbury WG MINI PANCAKES
 Thursday: Cereal & Elf Grahams
 Friday: Yogurt & Giant Goldfish Grahams

October 10-14, 24-28
 Monday: Cereal & String Cheese
 Tuesday: Yogurt & WG Muffin
 Wednesday: Pillsbury WG MINI CINNIS
 Thursday: Breakfast Chicken Slider
 Friday: Cereal & Elf Grahams

Breakfast includes: Milk, Fruit Juice & 1 Serving of Fruit

THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition - eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

This institution is an equal opportunity provider.

Election Day is Tuesday, November 8.

School will be closed that day!

Tuesday, November 1

Wednesday, November 2

Thursday, November 3

Friday, November 4

FALL INTERSESSION

Lunch Entrées

(Choose 1)

Italian Meatball Sub
PB&J Uncrustable Combo Meal

Lunch Sides

(All Included)

Steamed Broccoli
Romaine Garden Salad
Sweet Strawberry Cup

Lunch Entrées

(Choose 1)

Breaded Chicken Tenders
PB&J Uncrustable Combo Meal

Lunch Sides

(All Included)

Cucumber Wheels
Rosemary Redskin Potatoes
Diced Freestone Peaches

Lunch Entrées

(Choose 1)

Cheeseburger on WG Bun
PB&J Uncrustable Combo Meal

Lunch Sides

(All Included)

Southern Style Baked Beans
Crinkle Cut Oven Fries
Sliced Apples

Lunch Entrées

(Choose 1)

Pizza Crunchers
PB&J Uncrustable Combo Meal

Lunch Sides

(All Included)

Crunchy Baby Carrots
Chuck Wagon Corn
Sweet Strawberry Cup

Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
served w/CROUTONS or CRACKERS

JIF Protein Pack Combo Meal (Wednesdays)

Choice of Milk

Monday, November 7

No School Today



Professional Day for Our Teachers

Everyone over 18 should get out and **VOTE!**

Wednesday, November 9

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, November 10

Lunch Entrées

(Choose 1)

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

Lunch Sides

(All Included)

Fresh Made Broccoli Salad
California Vegetable Medley
Diced Freestone Peaches

Friday, November 11

Lunch Entrées

(Choose 1)

Pizza Slice w/Selection of Toppings
Fun Fish Nuggets w/Corn Muffin

Lunch Sides

(All Included)

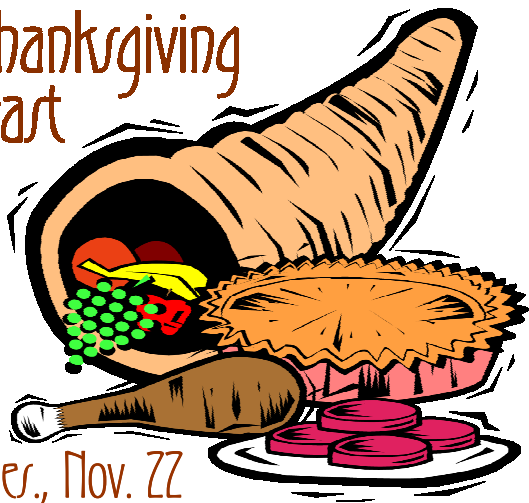
Crunchy Baby Carrots
Crinkle Cut Oven Fries
Fresh Apple Slices

NUTRITION TO GO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.

A TASTY MORSEL FOR PARENTS

Thanksgiving Feast

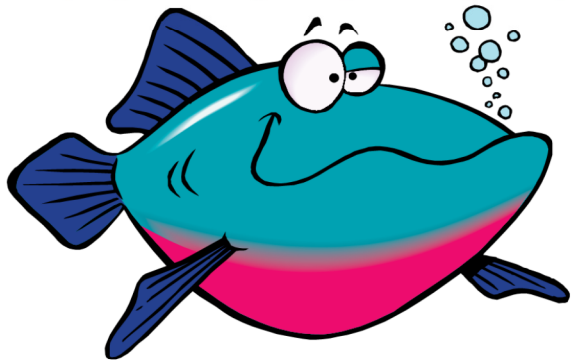


Tues., Nov. 22



What's on YOUR plate?

Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 14

Lunch Entrées
(Choose 1)
Corn Dog Nuggets
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)
Lima Beans
Romaine Garden Salad
Chilled Mixed Fruit

Tuesday, November 15

Lunch Entrées
(Choose 1)
Breaded Chicken Tenders
Italian Meatball Sub

Lunch Sides
(All Included)
Seasoned Pinto Beans
Garden Pasta Salad
Diced Freestone Peaches

Wednesday, November 16

Lunch Entrées
(Choose 1)
Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides
(All Included)
Green Beans
Quick Baked Potato
Pineapple Tidbits

Thursday, November 17

Lunch Entrées
(Choose 1)
School Made Mac & Cheese
Served with Cheesy Garlic Bread Stick
Chicken Nuggets w/Bread Stick

Lunch Sides
(All Included)
Steamed Broccoli
Romaine Garden Salad
Applesauce

Friday, November 18

Lunch Entrées
(Choose 1)
Pizza Crunchers
Philly Cheese Steak Flatbread

Lunch Sides
(All Included)
Crunchy Baby Carrots
Chuck Wagon Corn
Sweet Strawberries

Monday, November 21

Lunch Entrées
(Choose 1)
All Beef Hot Dog on WG Bun
100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides
(All Included)
Southern Style Baked Beans
Crispy Tater Coins
Lettuce & Sliced Tomato
Mandarin Orange Sections

Tuesday, November 22

Thanksgiving Meal

Turkey Roast w/Gravy
Roasted Red Skin Potatoes
Green Beans
Cinnamon Baked Apples
Savory Bread Stuffing
Pumpkin Pie



Monday, November 28

Lunch Entrées
(Choose 1)
Corn Dog Nuggets
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides
(All Included)
Lima Beans
Romaine Garden Salad
Chilled Mixed Fruit

Tuesday, November 29

Lunch Entrées
(Choose 1)
Breaded Chicken Tenders
Italian Meatball Sub

Lunch Sides
(All Included)
Seasoned Pinto Beans
Garden Pasta Salad
Diced Pears

Wednesday, November 30

Lunch Entrées
(Choose 1)
Baked Chicken w/Corn Muffin
Shrimp Poppers w/Corn Muffin

Lunch Sides
(All Included)
Green Beans
Quick Baked Potato
Applesauce

MANY MOONS

Native Americans had special names for every full moon of the year. One name for the November full moon is the "Much White Frost on Grass" moon, because November is when the cold weather sets in.