

Menus for November 2016

Lynchburg City Schools
Heritage Elementary School



This institution is an equal opportunity provider.

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

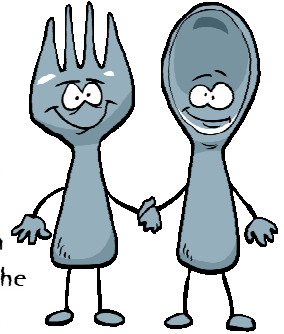


November 9-12 & 21-22
Monday: Cereal & String Cheese
Tuesday: Yogurt & WG Muffin
Wednesday: Pillsbury WG MINI CINNIS
Thursday: Breakfast Chicken Slider
Friday: Cereal & Elf Grahams

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!

Election Day is Tuesday, November 8.

School will be closed that day!

Tuesday, November 1

Lunch Entrées (Choose 1)

Breaded Chicken Tenders
Italian Meatball Sub

Lunch Sides (All Included)

Seasoned Pinto Beans
Garden Pasta Salad
Diced Pears

Wednesday, November 2

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 3

Lunch Entrées (Choose 1)

School Made Mac & Cheese
Served with Cheesy Garlic Bread Stick
100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides (All Included)

Steamed Broccoli
Crispy Tater Coins
Applesauce

Friday, November 4

Lunch Entrées (Choose 1)

Pizza Crunchers
Philly Cheese Steak Flatbread

Lunch Sides (All Included)

Crunchy Baby Carrots
Chuck Wagon Corn
Sweet Strawberries

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)

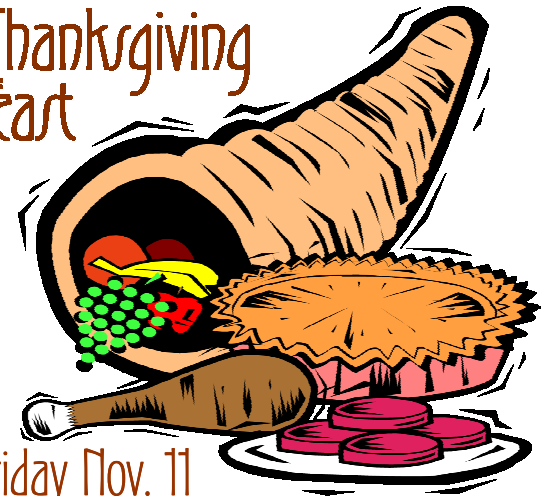
Fresh Made Broccoli Salad
California Vegetable Medley
Diced Freestone Peaches

Friday, November 11

Thanksgiving Meal

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

Thanksgiving Feast



Friday Nov. 11



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

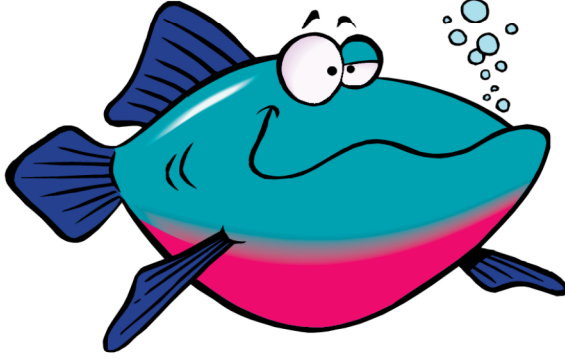
Friday, November 18

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

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



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 21

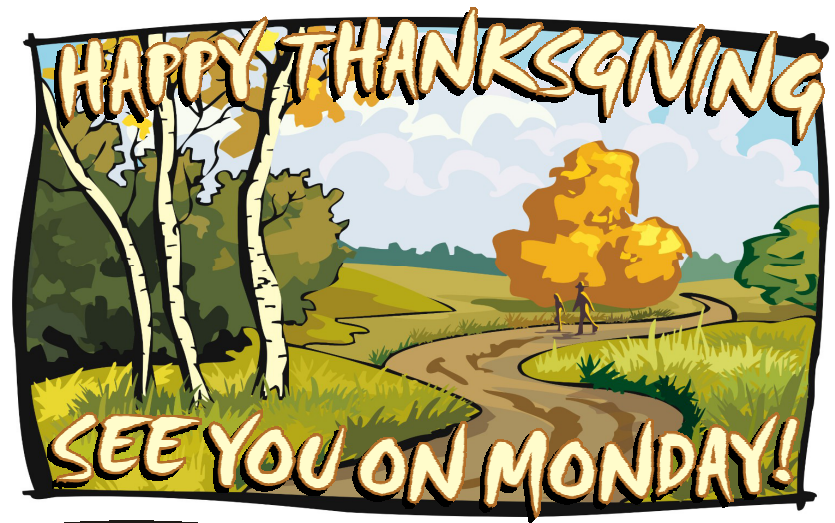
Lunch Entrées
(Choose 1)
All Beef Hot Dog on WG Bun
100% Beef Patty on WG Bun
Prepared with or without American Cheese

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

Tuesday, November 22

Lunch Entrées
(Choose 1)
Pizza Dippers w/Pizza Dipping Sauce
Pork BBQ Flatbread Sandwich

Lunch Sides
(All Included)
Crisp Cucumber Sticks w/Ranch Dip
Golden Sweet Corn
Amazin' Raisins
Fresh Orange Wedges



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

