

Menus for November 2017

Lynchburg City Schools Elementary School Menus

This institution is an equal opportunity provider.
Menus are subject to change.



Available Daily at Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad

offered w/CROUTONS or Roll

Choice of Milk

Lunch includes entrée, 2 servings of vegetables, 1 serving of fruit and choice of milk

NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18g of fat, 4g of saturated fat. That's a third of the recommended daily maximum for both, and some of us eat two or three cups! Surprisingly, a cup of gravy contains only 3-5 grams of fat. Stuffing is fine for special meals, but try not to overdo it, even at Thanksgiving!

A QUICK BITE FOR PARENTS

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!

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

Wednesday, November 1

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 2

Lunch Entrées (Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

Lunch Sides (All Included)

Steamed Broccoli

Fresh Veggie Cup w/Ranch Dip

Blueberries w/Whipped Topping

Friday, November 3

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings

Fun Fish Nuggets w/Corn Muffin

Lunch Sides (All Included)

Steamed Sweet Green Peas

Crinkle Cut Oven Fries

Chilled Diced Pears

Monday, November 6

Lunch Entrées (Choose 1)

Toasted Cheese Sandwich

Cheesy Beef Nachos

Served with Salsa & Sour Cream

Lunch Sides (All Included)

Campbell's Tomato Soup

Golden Sweet Corn

Chilled Mixed Fruit

Tuesday, November 7



**No
School
Today**

Wednesday, November 8

Lunch Entrées (Choose 1)

Turkey & Dressing Supreme w/Roll

Italian Deli Sub

Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Quick Baked Potato

Steamed Sweet Green Peas

Blueberries w/Whipped Topping

Thursday, November 9

Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun

Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Amazing Macaroni & Cheese

Lunch Sides (All Included)

Baby Carrot Fries

Steamed Broccoli

Juicy Sliced Apples

Friday, November 10

Lunch Entrées (Choose 1)

Pizza Crunchers

Turkey & Cheese Sub

Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Romaine Garden Salad

Seasoned Potato Wedges

Sliced Peaches



What's on
YOUR
plate?

What are the farmers in this picture harvesting?



Cranberries! The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

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



KIDS!
Join us for our
Thanksgiving

**Tuesday,
November 21**

STRANGE BUT TRUE!

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS.
BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK
TREES COME FROM? DON'T WORRY -- **THE OAK
TREES HAVE A PLAN!** MOST YEARS, THE TREES
PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS
THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND
AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE
WHAT'S KNOWN AS A "MAST" YEAR.
WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR
MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS
CAN EAT, SO MORE ACORNS

**HAVE A CHANCE
TO BECOME
SEEDLINGS
AND MATURE
OAKS!**



Monday, November 13

Lunch Entrées (Choose 1)

Chicken Nuggets
Offered with Freshly Baked Parkerhouse Roll
Cheeseburger Meatloaf on WG Bun
Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Creamy Mashed Potatoes & Gravy
Green Beans
Applesauce

Tuesday, November 14

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
All Beef Hot Dog on WG Bun
Served with or without Chili

Lunch Sides (All Included)

Snappy Celery Sticks
"Gobble Gobble" Vegetable Soup
Sweet Strawberry Cup

Wednesday, November 15

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 16

Lunch Entrées (Choose 1)

Spaghetti & Meatballs w/Breadstick
Perfectly Pulled Pork BBQ on Bun

Lunch Sides (All Included)

Steamed Broccoli
Fresh Veggie Cup w/Ranch Dip
Sliced Peaches

Friday, November 17

Lunch Entrées (Choose 1)

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

Lunch Sides (All Included)

Steamed Sweet Green Peas
Crinkle Cut Oven Fries
Chilled Diced Pears

Monday, November 20

Lunch Entrées (Choose 1)

Shrimp Poppers w/Corn Bread Muffin
Honey BBQ Pork Rib Patty on Bun

Lunch Sides (All Included)

Seasoned Pinto Beans
Golden Sweet Corn
Blueberries w/Whipped Topping

Tuesday, November 21

Thanksgiving Meal

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



Monday, November 27

Lunch Entrées (Choose 1)

Toasted Cheese Sandwich
Cheesy Beef Nachos
Served with Salsa & Sour Cream

Lunch Sides (All Included)

Campbell's Tomato Soup
Golden Sweet Corn
Chilled Mixed Fruit

Tuesday, November 28

Lunch Entrées (Choose 1)

Corn Dog Nuggets
Perfectly Pulled Pork BBQ on Bun

Lunch Sides (All Included)

Fresh Veggie Cup w/Ranch Dip
Southern Style Baked Beans
Cry Baby Frozen Fruit Cup

Wednesday, November 29

Lunch Entrées (Choose 1)

Turkey & Dressing Supreme w/Roll
Italian Deli Sub
Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Quick Baked Potato
Steamed Sweet Green Peas
Blueberries w/Whipped Topping

Thursday, November 30

Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun
*Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato*

Amazing Macaroni & Cheese

Lunch Sides (All Included)

Baby Carrot Fries
Steamed Broccoli
Juicy Sliced Apples

HELP!

We need folks like
you to work in our
school restaurants.
Good hours, great
folks, and the chance
to prepare and serve
meals that help kids
stay ready to learn.

**Call
515-5060**