

Menus for October

Lynchburg City Schools Elementary Menu

WG = Whole Grain



Tuesday, October 1

Breakfast

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

Lunch

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

Wed., October 2

Breakfast

Flapstick; Fruit Cup
100% Juice; Milk

Lunch

Assorted Pizza Wedge or
PBJ Sandwich
Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, October 3

Breakfast

Sausage Biscuit
100% Fruit Juice; Milk

Lunch

Chicken Fillet/ WG Bun
Or Texas BBQ/ WG Bun
Golden Corn
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Cookie
Milk


Friday, October 4

Breakfast

Yogurt; Grahams;
WG Toast
100% Fruit Juice; Milk

Lunch

Crispy WG Fish Sticks
Or Popcorn Chicken
Crisp Potato Wedges
Broccoli w/ cheese
100% Fruit/Veggie Juice
Milk

Look for the little "Chef's Hat" 

and be sure to try one of our Chef Inspired Recipes!!

Monday, October 7

Breakfast

WG Turkey Sausage
Breakfast Square
100% Fruit Juice; Milk

Lunch

Turkey, Ham, & Cheese
Sub or
Cheesy Chicken Sub
Fresh Baked Potato
Garden Salad with
Cherry Tomatoes
Assorted Fruit Choices
Milk

Tuesday, October 8

Breakfast

Cereal; Grahams; Toast
100% Juice; Milk

Lunch


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

Wed., October 9

Breakfast

Warm Ham Roll
Seasonal Fresh Fruit
100% Fruit Juice' Milk

Lunch

Cheesy Pizza Sticks
w/ Marinara Sauce
Or Deli Sandwich
Romaine Salad
 Herb Roasted Fresh
Vegetables
Assorted Fruit Choices
Milk

Thursday, October 10

Breakfast

Chicken Biscuit
100% Fruit Juice; Milk

Lunch

Steak & Cheese/ WG Bun
Turkey & Cheese/ WG Bun
Pinto Beans
Fresh Broccoli Florets
w/ Ranch Dip
Milk

Friday, October 11

Breakfast

Turkey Bacon Cheese
Toaster; 100% Fruit Juice;
Milk

Lunch

Crispy Corn Dog or
Texas BBQ/ WG Bun
Crispy Sweet Potato Fries
100% Fruit/Veggie Juice
Milk
WG Graham Cookies

THROW THE SWITCH.



After hours without food,
a good breakfast of fruit,
lowfat dairy, whole grains,
and lean protein gets you
fired up for action again.
And if you skip breakfast
or eat just fat and sugar?
Then your mind and body
will stay in the dark all day.

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



Monday, October 14

Breakfast

WG Turkey Sausage
Breakfast Square
100% Fruit Juice; Milk



All American

Hot Dog/ WG Bun
With or without Chili or
Meatballs in Sauce/WG Bun
Oven Baked French Fries
Crunchy Cole Slaw
Sliced Fresh Apples
Milk

Tuesday, October 15

Breakfast

Cereal; Grahams;
WG Toast
100% Juice; Milk

Southern Style

Oven Baked Chicken or
Sliced Va. Ham
Creamy Mashed Potatoes
Turnip Greens
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wed., October 16

Breakfast

French Toast Sticks;
Seasonal Fresh Fruit;
100% Fruit Juice; Milk

USA Celebrates Soup!

Fresh Made
Chicken Vegetable Soup
Toasted Cheese Sandwich
Tropical Fruit Salad
WG Chocolate Chip
Cookie

Thursday, October 17

Breakfast

Sausage Biscuit
100% Fruit Juice; Milk

Southwest USA

Beef Taco/ WG Soft Shell
Or Turkey Cheese Roll-up
Shr. Lettuce/ Tomatoes
Refried Beans w/ cheese
Fresh Baby Carrots
w/ Ranch Dip
Assorted Fruit Choices
Milk

Friday, October 18

Breakfast

Yogurt; Muffin; Grahams
100% Fruit Juice; Milk

USA loves Local Beef!

Local 100% local Beef
Cheeseburger/ WG Bun or
Fresh Made Chicken
Salad/ WG Croissant
w/lettuce & tomato
Crisp Potato Wedges
Assorted Fruit Choices
Milk

Serving Up Foods Loved by Students across the United States!

OCTOBER

The name "October" comes from the Latin word for "eight" – but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



Monday, October 21

Breakfast

WG Turkey Sausage
Breakfast Square
100% Fruit Juice; Milk

Lunch

Chicken Fillet/ WG Bun
Manager's Entrée Choice
Black-eyed Peas
Golden Corn
Assorted Fruit Choices
WG Chocolate Chip Cookie
Milk

Tuesday, October 22

Breakfast

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

Lunch

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

Wed., October 23

Breakfast

Flapstick; Fruit Cup
100% Juice; Milk

Lunch

Assorted Pizza Wedge or
PBJ Sandwich
Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, October 24

Breakfast

Egg & Cheese Biscuit;
100% Fruit Juice; Milk

Lunch

Chicken Tetrazzini;
Dinner Roll or
Turkey & Cheese/ WG Bun
Baked Sweet Potato
Broccoli w/ cheese
Bakery Dinner Roll
Milk

Friday, October 25

Breakfast

Turkey Bacon Cheese
Toaster; 100% Fruit Juice;
Milk

Lunch

Early Dismissal Day
Grab & Go
Bag Lunch



Monday, October 28

Professional
Development
Day



Students Do Not
Attend

Tuesday, October 29

Breakfast

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

Lunch

Hot Dog/ WG Bun
With or without Chili or
Meatballs in Sauce/WG Bun
Oven Baked French Fries
Crunchy Cole Slaw
Sliced Fresh Apples
Milk

Wed., October 30

Breakfast

Cinnamon French Toast;
Fresh Orange Smiles;
100% Fruit Juice; Milk

Lunch

Cheesy Pizza Sticks
w/ Marinara Sauce
Or Deli Sandwich
Romaine Salad
Herb Roasted Fresh
Vegetables
Assorted Fruit Choices
Milk

Thursday, October 31

Breakfast

Yogurt; Grahams;
WG Toast
100% Fruit Juice; Milk

Lunch

Spooky "BAT-shaped"
WG Chicken Nuggets
Or Scary Sliced Ham
Orange Mashed Potatoes
Ghoulish Green Beans
Frankenstein Fruit
Witches Wheat Roll
Ghost Milk
Halloween Cookie



Friday, Nov 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
Milk

DON'T 4GET!



... and at least three of the five items total
so your meal counts as a complete lunch!

PARENTS—PLEASE READ THE FOLLOWING INFORMATION—Charge Procedures

- 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. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$9.15. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of a cheese sandwich or cheese crackers, fruit and a carton of white milk.
- 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 **PLUS** any charges.
- 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 515-5061. We are pleased to assist you.

"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."

Menus are Subject to Change