

**Lynchburg
City Schools
Elementary
Menu**



Menus for October 2014

USDA is an equal opportunity provider and employer.

MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

"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.

WG = Whole Grains

Menus are subject to change without notice.

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.



Now No Fees!

www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. This year we offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

*Easy, Smart, Secure!
Easy, Smart, Secure*

Wednesday, October 1

Breakfast

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

Lunch

Cheese Pizza Stix w/
Marinara Sauce Or
PBJ Sandwich
Fresh Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, October 2

Breakfast

Sausage Biscuit; Fruit Cup
100% Juice; Milk

Lunch

Beef Chili Beans w/ cheese
w/ Baked 'Tostitos' Scoops
Or Meat & Cheese Roll-up
Golden Corn
Glazed Carrots
Assorted Fruit Choices
Milk



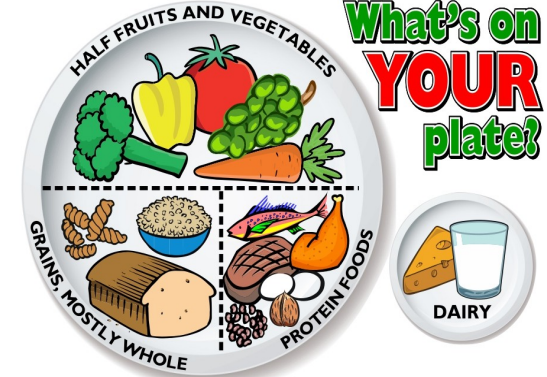
Friday, October 3

Breakfast

PBJ; Fruit of Choice
100% Fruit Juice; Milk

Lunch

Potato Crusted Fish Fillet
Or Manager's Choice
Pinto Beans
Broccoli w/ cheese
100% Fruit/Veggie Juice
WG Graham Cookies
Milk



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



Monday, October 6

Breakfast

WG Turkey Sausage
Breakfast Square; Fruit
100% Fruit Juice; Milk

Lunch

Texas BBQ/ WG Bun Or
Chicken Fillet/ WG Bun
Fresh Baked Potato
Garden Salad with
Cherry Tomatoes
Assorted Fruit Choices
Milk

Tuesday, October 7

Breakfast

Cereal; Grahams; Fruit
100% Juice; Milk

Lunch

Teriyaki Chicken with
Brown Rice Or
Sliced Ham
Seasoned Green Beans
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk
Chocolate Chip Cookie

Wednesday, October 8

Breakfast

Ham Roll; Fresh Fruit
100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge
Or PBJ Sandwich
Fresh Romaine Salad
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, October 9

Breakfast

Chicken Biscuit; Fruit;
100% Fruit Juice; Milk

Lunch

Turkey in Gravy Or
Honey BBQ Rib
Mashed Potatoes
Turnip Greens
Assorted Fruit Choices
Bakery Wheat Dinner Roll
Milk

Friday, October 10

Breakfast

Turkey Bacon Cheese
Toaster; Fruit;
100% Fruit Juice; Milk

Lunch

Crispy Corn Dog or
Ham & Cheese/ WG Bun
Creamy Sweet Potatoes
Mixed Vegetables
100% Fruit/Veggie Juice
Milk

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



Monday, October 13

Breakfast
WG Turkey Sausage Pizza
Fruit of Choice;
100% Juice; Milk


Lunch
NEW! 'Dog in a Blanket'
Or Meatballs w/Sauce/
WG Bun; Baked Beans
Crispy Fries
Fresh Seasonal Fruit
Fresh Baked Cookie
Milk



Tuesday, October 14

Breakfast
Cereal; Grahams; Fresh
Banana; 100% Juice; Milk


Lunch
Crispy Chicken Tenders Or
Sliced Ham
Creamy Mashed Potatoes;
Seasoned Green Beans;
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk



Wednesday, October 15

Breakfast
Flapstick; Fruit of Choice
100% Juice; Milk

Lunch
Cheesy Pizza Stix w/
Marinara Sauce Or
PBJ Sandwich/ string cheese
Fresh Garden Salad with
Cherry Tomatoes;
Oven Roasted Fresh
Potatoes & Carrots
Assorted Fruit
Choices
Milk



Thursday, October 16

Breakfast
Yogurt; Muffin; Fruit of
Choice; 100% Juice; Milk


Lunch
Spaghetti w/ Meat Sauce
Or Meat & Cheese Roll-up
Steamed Broccoli w/ cheese
Golden Corn
Fresh Apple Fruit Salad
WG Garlic Toast
Milk



Friday, October 17

Breakfast
PBJ; Fruit of Choice
100% Fruit Juice; Milk

Lunch
Crisp Chicken Fillet/ WG
Bun Or Deli Meat &
Cheese/ WG Bun;
Creamy Sweet Potatoes
Cucumber Wheels w/dip
100% Fruit/Veggie Juice
Milk



Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their meal.
- 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.
- Please keep in touch with your cafeteria manager or call the School Nutrition Office at 515-5061 if you have any questions or concerns.

Monday, October 20

Breakfast
Flapstick; Fruit of Choice
100% Juice; Milk

Lunch
Mini Corn Dogs Or
Meat & Cheese Roll-ups;
Fresh Steamed Cabbage;
Pinto Beans
Assorted Fruit Choices
Fresh Baked Cookie
Milk

Tuesday, October 21

Breakfast
Cereal; Grahams; Fresh
Banana; 100% Juice; Milk

Lunch
Beef Chili Beans w/ Baked
'Tostitos' Scoops Or
Ham & Cheese/ WG Bun
Glazed Carrots;
Golden Corn
Assorted Fruit Choices
Milk



Wednesday, October 22

Breakfast
WG Turkey Sausage Pizza
Fruit of Choice;
100% Juice; Milk

Lunch
Assorted Sliced Pizza Or
PBJ Sandwich/ string cheese
Fresh Romaine Salad with
Cherry Tomatoes
Mixed Vegetables
Assorted Fruit Choices
Milk

Thursday, October 23

Breakfast
Sausage Biscuit; Fruit of
Choice; 100% Juice; Milk

Lunch
**Fresh Chicken
Vegetable Soup;**
Toasted Cheese Sandwich
Or Meatballs w/cheese
Fresh Baby Carrots w/dip
Assorted Fruit Choices



Friday, October 24

Breakfast
Yogurt; Muffin; Fruit of
Choice; 100% Juice; Milk

Early Dismissal Day

Grab & Go Lunch
PBJ Sandwich, String Cheese
Or Turkey & Cheese/
WG Bun
Fresh Veggies; Raisins
Fresh Apple Slices
Bag of Elf Graham
Cookies
Milk

Monday, October 27

Professional
Development Day

Students do not Attend



Tuesday, October 28

Breakfast
Flapstick; Fruit of Choice
100% Juice; Milk

Lunch
Crisp Pork Chop/ WG Bun
Or Potato Crusted Fish
Fillet / WG Bun
Sweet Potatoes
Green Peas
Assorted Fruit Choices
Milk

Wednesday, October 29


Breakfast
Cereal; Grahams; Fruit of
Choice; 100% Juice; Milk

Lunch
Cheesy Pizza Stix w/
Marinara Sauce Or
PBJ Sandwich/ string cheese
Fresh Garden Salad with
Cherry Tomatoes;
Black-eyed Peas
Assorted Fruit Choices
Milk

Thursday, October 30

Breakfast
Yogurt; Muffin; Fruit of
Choice; 100% Juice; Milk

Brunch for Lunch
Cheesy Scrambled Eggs
Sausage Patty
Crisp Potato Coins
Cucumber Wheels w/dip
Baked Apples
Cheese Toast
Milk



Friday, October 31

Breakfast
PBJ; Fruit of Choice
100% Juice; Milk

Happy Halloween

Lunch
Chicken Nuggets Or
Sliced Ham;
Crisp Potato Wedges
Broccoli w/ cheese
Bakery Dinner Roll
"Chillin Bat" Frozen
Juice Cup
Milk



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults.

For those who feel they **MUST** collect candy, pick out a couple of favorite pieces and then toss the rest.

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