

Menus for October 2015

LYNCHBURG CITY ELEMENTARY SCHOOLS

USDA is an equal opportunity provider and employer. Menus are subject to change.


MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and fat free 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.



Thursday, October 1

Breakfast
Pillsbury Pancakes;
Fruit of Choice

Lunch
Chicken Fajita/ Soft Shell
w/ shr. Cheese Or
Meat & Cheese Roll-up
Golden Corn
Fresh Baby Carrots w/ dip
Fruit of Choice

Friday, October 2

Breakfast
Turkey Sausage Bkf.
Square
Fruit of Choice

Lunch
Chicken Fillet/ Bun Or
Manager's Choice Entree;
Sweet Potato Puffs
Broccoli w/ cheese
100% Fruit/Veggie Juice
Fresh Baked Cookie

Monday, October 5

Breakfast
Cereal Bar; Grahams
Fruit of Choice

Lunch
Cheeseburger/ Bun or
Spicy BBQ Rib/ Bun
Home-style Baked Beans
Crisp French Fries
Assorted Fruit Choices

Tuesday, October 6

Breakfast
Yogurt; Muffin
Fruit of Choice

Lunch
Chicken Nuggets or
Diced Turkey Breast
w/ gravy
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, October 7

Breakfast
Cereal in a Pouch;
Goldfish; Fresh Banana

Lunch
Assorted Pizza
Or PBJ Jamwich
Fresh Garden Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit of Choice

Thursday, October 8

Breakfast
Chicken on Swirl Roll;
Fruit of Choice

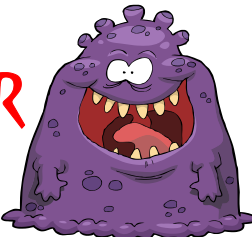
"Subway" Lunch 😊
Choice of Soft Flatbread
Sandwiches
'Ranch' Potato Wedges
Fresh Veggies w/ dip
Assorted Fruit Choices
Fresh Baked Cookie

Friday, October 9

Breakfast
Flapstick;
Fruit of Choice

Lunch
Chicken Fillet/ Bun Or
Manager's Choice Entree
Sweet Potato Puffs
Broccoli w/cheese
100% Fruit/Veggie Juice

**ARE YOU
READY FOR
THIS GUY?**



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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



SCHOOL LUNCH snapshot™

**JOIN US FOR
NATIONAL
SCHOOL LUNCH
WEEK
OCT. 12-16, 2015**

Monday, October 12

Breakfast
Cereal Bar; Grahams;
Fruit of Choice

Lunch
Hot Dog/ w/wo Chili Or
Beef Meatballs w/cheese
Both on hot dog Bun
Home-style Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, October 13

Breakfast
Pillsbury Pancakes
Fruit of Choice

Lunch
Asian Popcorn Chicken
Or Sliced Ham
Brown Rice
Broccoli w/ cheese
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, October 14

Breakfast
Cereal in a Pouch;
Goldfish; Fresh Banana

Lunch
Assorted Pizza
Or PBJ Jamwich
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, October 15

Breakfast
Breakfast Pizza;
For BIC: Flapstick
Fruit of Choice

Lunch 🌮
Beef Chili Beans
w/ shr cheese &
Baked 'Tostitos Scoops'
Or Meat/Cheese Roll-up
Golden Corn
Side Salad w/ tomatoes
Assorted Fruit Choices

Friday, October 16

Breakfast
Yogurt; Muffin;
Fruit of Choice

Early Dismissal Day!
Grab & Go Lunch
Sandwich of Choice
Fresh Veggie of Choice
100% Fruit/Veggie Juice
Bag of Graham Cookies

Monday, October 19

Tuesday, October 20

Wednesday, October 21

Thursday, October 22

Friday, October 23

Break Days
2 Days off for Students and Staff!



OPTIONAL INTERVENTION DAYS—Only Invited Students Attend

Breakfast

Cereal Bar; Goldfish;
Fruit

Grab & Go Lunch

Sandwich of Choice
Fresh Veggies
Fresh Fruit OR
100% Fruit/Veggie Juice

Partial Day

Breakfast

Yogurt; Muffin;
Fruit

Grab & Go Lunch

Sandwich of Choice
Fresh Veggies
Fresh Fruit OR
100% Fruit/Veggie Juice

Partial Day

Breakfast

Cereal Pouch; Grahams
Fruit

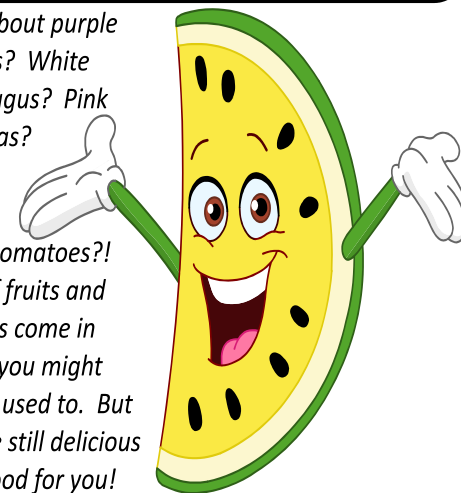
Grab & Go Lunch

Sandwich of Choice
Fresh Veggies
Fresh Fruit OR
100% Fruit/Veggie Juice

Partial Day

Yellow Watermelon?!

How about purple
carrots? White
Asparagus? Pink
bananas?
Blue
corn?
Black tomatoes?!
Lots of fruits and
veggies come in
colors you might
not be used to. But
they're still delicious
and good for you!



www.myschoolbucks.com

Place money on your children's accounts for those "extra treats" they will enjoy. We offer **Ice-Cream** and other 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**.

Meals for Optional Intervention Days



Parents,
Please check with your child's school for Intervention operating hours.
During Intervention Days, School Nutrition will provide breakfast and lunch to ALL students at ALL Schools at NO Charge.

Monday, October 26

Tuesday, October 27

Wednesday, October 28

Thursday, October 29

Friday, October 30

Breakfast

Cereal Bar; Grahams
Fruit of Choice

Lunch

Cheeseburger/ Bun or
Texas BBQ / Bun
Home-style Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices

Breakfast

Yogurt; Muffin
Fruit of Choice

Lunch

Chicken Nuggets or
Diced Turkey Breast
w/ gravy
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Breakfast

Cereal in a Pouch;
Goldfish; Fresh Banana

Lunch

Assorted Pizza
Or PBJ Jamwich
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Breakfast

Breakfast Pizza;
Fruit of Choice

Birthday Lunch

Fresh Made **Chicken**
Vegetable Soup w/
Toasted Cheese Sandwich
Fresh Cucumbers w/ dip
Frozen Juice Cup
Chocolate Chip Cookie



Breakfast

Pillsbury Pancakes;
Fruit of Choice



Lunch

Monster Mini Corn Dogs
or Devilish Deli Sandwich
Ghoulish Golden Corn
Creepy Carrots w/ dip
Frightful Fruit

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.

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