

MENUS FOR OCTOBER 2016



Lynchburg City Schools—Bass Elementary School Menus

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

BREAKFAST MENUS

October 3-7, 17-19 & 31
 Monday: Pillsbury WG FRUDEL
 Tuesday: Cereal & String Cheese
 Wednesday: Pillsbury WG MINI PANCAKES
 Thursday: Cereal & Elf Grahams
 Friday: Yogurt & Giant Goldfish Grahams

October 10-14, 24-28
 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



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day - and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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

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, October 3

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, October 4

Lunch Entrées
 (Choose 1)

Popcorn Chicken Bites
 Italian Meatball Sub

Lunch Sides
 (All Included)

Seasoned Pinto Beans
 Garden Pasta Salad
 Diced Pears

Wednesday, October 5

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, October 6

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, October 7

Lunch Entrées
 (Choose 1)

Pizza Crunchers
 Philly Cheese Steak Flatbread

Lunch Sides
 (All Included)

Crunchy Baby Carrots
 Chuck Wagon Corn
 Sweet Strawberries

Monday, October 10

MOTIVATED MONDAY

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, October 11

TEAM WORK TUESDAY

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

Wednesday, October 12

WINNING WEDNESDAY

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, October 13

ENTHUSIASTIC THURSDAY

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, October 14

FINISH LINE FRIDAY

Lunch Entrées
 (Choose 1)

Ham & Cheese on WG Flatbread
 Turkey & Cheese on WG Flatbread
offered with Heartzel Pretzels

Lunch Sides
 (All Included)

Crunchy Baby Carrots
 V-blend Juice
 Fresh Apple Slices

SCHOOL LUNCH

SHOW YOUR SPIRIT!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK

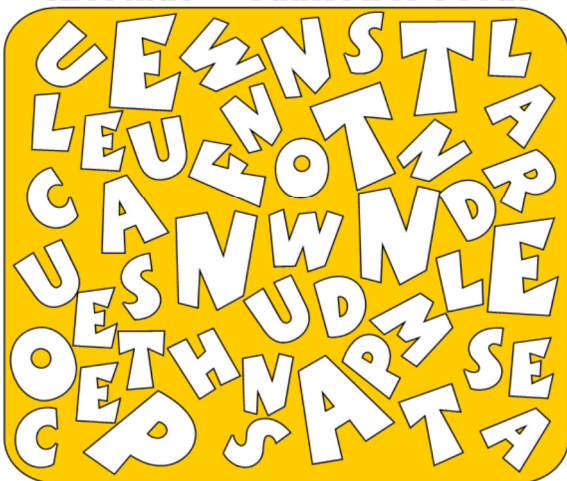
OCTOBER 10-14, 2016



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

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

Monday, October 17

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, October 18

Lunch Entrées
(Choose 1)

- Chicken Tenders
Served with Cheesy Garlic Bread Stick
- Italian Meatball Sub

Lunch Sides
(All Included)

- Seasoned Pinto Beans
- Garden Pasta Salad
- Diced Pears

Wednesday, October 19

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, October 20

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, October 21

Lunch Entrées
(Choose 1)

- Pizza Crunchers
- Philly Cheese Steak Flatbread

Lunch Sides
(All Included)

- Crunchy Baby Carrots
- Chuck Wagon Corn
- Sweet Strawberries

Monday, October 24

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, October 25

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

Wednesday, October 26

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, October 27

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, October 28

Lunch Entrées
(Choose 1)

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

Lunch Sides
(All Included)

- Crunchy Baby Carrots
- Crinkle Cut Oven Fries
- Fresh Apple Slices

Monday, October 31

INTERSESSION

Lunch Entrées
(Choose 1)

- Corn Dog Nuggets
- PB&J Un crustable Combo Meal

Lunch Sides
(All Included)

- Crispy Tater Coins
- Seasoned Pinto Beans
- Applesauce Cup

OUR NATION'S HISTORY

This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!

YELLOWSTONE NATIONAL PARK

UNION PACIFIC

WITH LIBERTY & JUSTICE FOR ALL