

# MENUS FOR OCTOBER 2016



## Lynchburg City Schools—Elementary School Menus

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

*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

### 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!**

**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!**

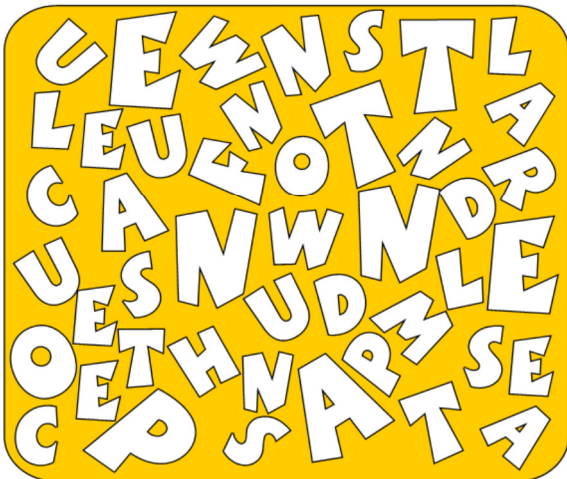
**JOIN US FOR NATIONAL SCHOOL LUNCH WEEK**  
**OCTOBER 10-14, 2016**



## 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, October 17	Tuesday, October 18	Wednesday, October 19
<b>FALL INTERSESSION</b>		
<b>Lunch Entrées</b> (Choose 1) Corn Dog Nuggets PB&J Uncrustable Combo Meal	<b>Lunch Entrées</b> (Choose 1) Italian Meatball Sub Pizza Crunchers	<b>Lunch Entrées</b> (Choose 1) Breaded Chicken Tenders PB&J Uncrustable Combo Meal
<b>Lunch Sides</b> (All Included) Crispy Tater Coins Seasoned Pinto Beans Applesauce Cup	<b>Lunch Sides</b> (All Included) Steamed Broccoli Romaine Garden Salad Sweet Strawberry Cup	<b>Lunch Sides</b> (All Included) Green Beans Rosemary Redskin Potatoes Diced Freestone Peaches

**Fall Break No School**

**Thursday, October 20 & Friday, October 21**

Monday, October 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28
<b>Lunch Entrées</b> (Choose 1) All Beef Hot Dog on WG Bun 100% Beef Patty on WG Bun <small>Prepared with or without American Cheese</small>	<b>Lunch Entrées</b> (Choose 1) Pizza Dippers w/Pizza Dipping Sauce Pork BBQ Flatbread Sandwich	<b>Lunch Entrées</b> (Choose 1) Breakfast for Lunch Ham, Egg & Cheese English Muffin	<b>Lunch Entrées</b> (Choose 1) Spaghetti & Meatballs w/breadstick Breaded Chicken Patty on WG Bun	<b>Lunch Entrées</b> (Choose 1) Pizza Slice w/Selection of Toppings Fun Fish Nuggets w/Corn Muffin
<b>Lunch Sides</b> (All Included) Southern Style Baked Beans Crispy Tater Coins Lettuce & Sliced Tomato Mandarin Orange Sections	<b>Lunch Sides</b> (All Included) Crisp Cucumber Sticks w/Ranch Dip Golden Sweet Corn Amazin' Raisins Fresh Orange Wedges	<b>Lunch Sides</b> (All Included) Seasoned Diced Potatoes "Sunset Sip" V-blend Juice Cinnamon Baked Apples	<b>Lunch Sides</b> (All Included) Fresh Made Broccoli Salad California Vegetable Medley Diced Freestone Peaches	<b>Lunch Sides</b> (All Included) Crunchy Baby Carrots Crinkle Cut Oven Fries Fresh Apple Slices

**Monday, October 31**

**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

**OUR NATION'S HISTORY**



**T**his 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!



**WITH LIBERTY & JUSTICE FOR ALL**