

MENUS FOR OCTOBER 2016



Lynchburg City Schools—Hutcherson Early Learning Center

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



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	Tuesday, October 4	Wednesday, October 5	Thursday, October 6	Friday, October 7
<u>Lunch Entrées</u> Corn Dog Nuggets <u>Lunch Sides</u> (All Included) Lima Beans Chilled Mixed Fruit 1% or Fat Free White Milk	<u>Lunch Entrée</u> Chicken Tenders <u>Lunch Sides</u> (All Included) Garden Pasta Salad Diced Pears 1% or Fat Free White Milk	<u>Lunch Entrée</u> Baked Chicken w/Corn Muffin <u>Lunch Sides</u> (All Included) Green Beans Pineapple Tidbits 1% or Fat Free White Milk	<u>Lunch Entrée</u> School Made Macaroni & Cheese <u>Lunch Sides</u> (All Included) Steamed Broccoli Applesauce 1% or Fat Free White Milk	<u>Lunch Entrée</u> Pizza Crunchers <u>Lunch Sides</u> (All Included) Chuck Wagon Corn Diced Strawberries 1% or Fat Free White Milk
Monday, October 10	Tuesday, October 11	Wednesday, October 12	Thursday, October 13	Friday, October 14
MOTIVATED MONDAY <u>Lunch Entrée</u> 100% Beef Patty on WG Bun <u>Lunch Sides</u> (All Included) Crispy Tater Coins Mandarin Oranges 1% or Fat Free White Milk	TEAM WORK TUESDAY <u>Lunch Entrée</u> Pizza Dippers <u>Lunch Sides</u> (All Included) Crunchy Cucumber Wheels 1/2 Ripe Banana 1% or Fat Free White Milk	WINNING WEDNESDAY <u>Lunch Entrée</u> Breakfast for Lunch <u>Lunch Sides</u> (All Included) Seasoned Diced Potatoes Applesauce 1% or Fat Free White Milk	ENTHUSIASTIC THURSDAY <u>Lunch Entrée</u> Chicken Patty on WG Bun <u>Lunch Sides</u> (All Included) California Vegetable Medley Diced Peaches 1% or Fat Free White Milk	FINISH LINE FRIDAY Early Dismissal <u>Lunch Entrées</u> (Choose 1) Choice of Deli Sandwich <u>Lunch Sides</u> (All Included) V-blend Juice Fresh Apple Slices 1% or Fat Free White Milk

SHOW YOUR SPIRIT!

JOIN US FOR NATIONAL SCHOOL LUNCH WEEK

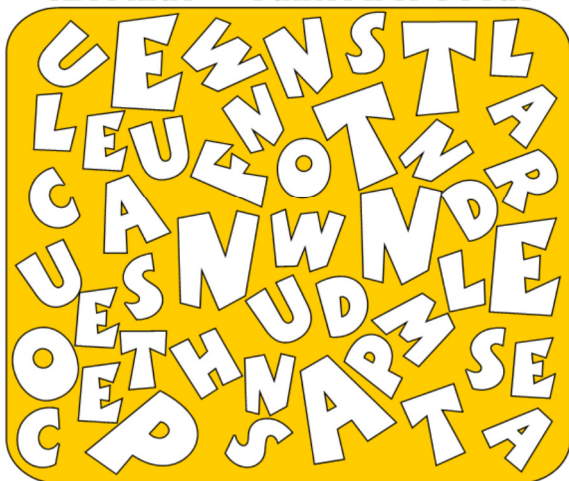
OCTOBER 10-14, 2016



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 24	Tuesday, October 25	Wednesday, October 26	Thursday, October 27	Friday, October 28
<u>Lunch Entrée</u> All Beef Hot Dog on WG Bun	<u>Lunch Entrée</u> Pork BBQ Flatbread Sandwich	<u>Lunch Entrée</u> Breakfast for Lunch	<u>Lunch Entrée</u> Spaghetti & Beef Meatballs	<u>Lunch Entrée</u> Fun Fish Nuggets w/Corn Muffin
<u>Lunch Sides</u> (All Included) Crispy Tater Coins Chilled Mixed Fruit 1% or Fat Free White Milk	<u>Lunch Sides</u> (All Included) Golden Sweet Corn Fresh Orange Wedges 1% or Fat Free White Milk	<u>Lunch Sides</u> (All Included) Seasoned Diced Potatoes Applesauce 1% or Fat Free White Milk	<u>Lunch Sides</u> (All Included) California Vegetable Medley Diced Peaches 1% or Fat Free White Milk	<u>Lunch Sides</u> (All Included) Crunchy Baby Carrots Fresh Apple Slices 1% or Fat Free White Milk

Monday, October 31
<u>Lunch Entrées</u> Corn Dog Nuggets
<u>Lunch Sides</u> (All Included) Lima Beans Chilled Mixed Fruit 1% or Fat Free White Milk

Happy Halloween!

