



## Lynchburg City Elementary Schools Menu

**Monday, Sept. 5**

**No School**

**Tuesday, Sept. 6**

**Breakfast**  
Cereal; Grahams

**Lunch**  
*Choice of One*  
**Stars** Chicken Nuggets  
Sliced Ham

**Sides**  
Mashed Potatoes  
Seasoned Green Beans  
Fresh or Canned Fruit  
Wheat Dinner Roll (s)

**Wednesday, Sept. 7**

**NEW! BreakfastYUM**  
Morning Sausage Roll; Fruit

**Lunch**  
*Choice of One*  
Assorted Pizza  
Deli Sandwich w/cheese

**Sides**  
Garden Side Salad; dressing  
Hot Vegetable of Choice  
Fresh or Canned Fruit  
Crackers

**Thursday, Sept. 8**

**Breakfast**  
Sausage Biscuit

**Lunch**  
*Choice of One*  
Chef Salad w/ Mixed Greens; Turkey, Ham, Cheese and Fresh Veggies; dressing  
PBJ Uncrustable

**Sides**  
Corn on Cob/ Fresh Fruit  
Cheese Bread

**Friday, Sept. 9**

**Breakfast**  
Yogurt; Belly Grahams

**Lunch**  
*Choice of One* 😊  
**NEW** Pig in a Blanket  
Fish Fillet w/cheese

**Sides**  
Tater Tots  
Broccoli w/ cheese  
Fresh or Canned Fruit

**Monday, Sept. 12**

**Breakfast**  
Breakfast Pizza; Fruit

**Lunch**  
*Choice of One*  
Hot Dog w/wo Chili  
Turkey & Cheese /HD Bun

**Sides**  
Baked Beans  
Fresh Va. Veggies w/ dip  
Fresh or Canned Fruit  
And Choc Chip Cookie

**Tuesday, Sept. 13**

**Breakfast**  
Cereal; Grahams

**Lunch**  
*Choice of One*  
Popcorn Chicken  
Sliced Ham

**Sides**  
Creamy Mashed Potatoes  
**Local** Sautéed Cabbage  
**Virginia Apple**  
Wheat Dinner Roll (s)

**Wednesday, Sept. 14**

**Breakfast**  
Egg & Cheese Biscuit

**Lunch**  
*Choice of One*  
French Bread Pizza  
PBJ Uncrustable

**Sides**  
Garden Side Salad; dressing  
Hot Vegetable of Choice  
Fresh or Canned Fruit  
Crackers

**Thursday, Sept. 15**

**Breakfast**  
Blueberry Pancakes; syrup

**NEW! Lunch** 😊  
*Choice of One*  
**Fresh LOCAL100% Beef**  
**Cheeseburger** / Bun  
Texas BBQ / Bun

**Sides**  
Crisp Potato Wedges  
Broccoli w/ cheese  
Fresh or Canned Fruit

**Friday, Sept. 16**

**Breakfast**  
Warm Ham & Cheese Roll

**Lunch**  
*Choice of One*  
Crispy Chicken Fillet/Bun  
Beef BBQ / Bun

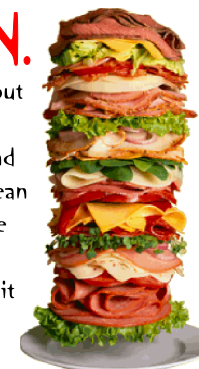
**Sides**  
**Local** Fresh Baked Potato  
**Fresh local steamed**  
**squash/ zucchini**  
Fresh or Canned Fruit

**Healthy Virginians Week**  
**September 12—16, 2011**  
**Celebrating Local Foods**  
**for a Healthy Lifestyle!**  
**Be sure to try our Fresh,**  
**Local 100% Beef Burgers**  
**on Thursday, Sept. 15th!**



## MODERATION.

We've been telling you all about the new MyPlate graphic and filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget – the **SIZE** of the plate and the **AMOUNT** of food you put on it matters, too. Enjoy what you eat, but don't overdo it.



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

## \*\*10 Year Anniversary\*\*

**Remembering our Heroes on**  
**September 11, and showing**  
**our support for them**  
**all year**  
**round.**



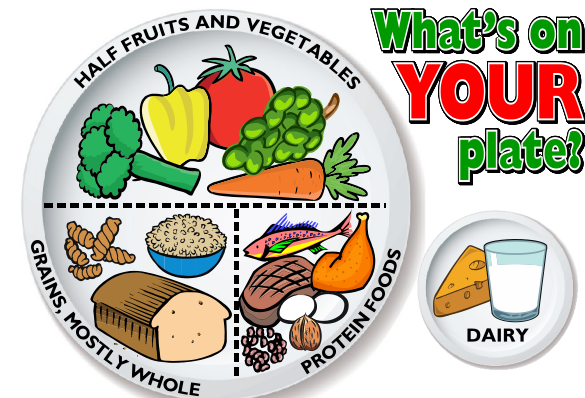


## NOW SERVING: Protein, Calcium . . . and FIBER!?

**F**lavored fat-free milk provides the same great calcium and protein as white milk – and chocolate milk even contains fiber! Eight ounces of flavored fat-free milk includes just 14 g of added sugar – that's about 60 calories – in addition to about 12 g of naturally occurring lactose sugar that comes straight from the cow.

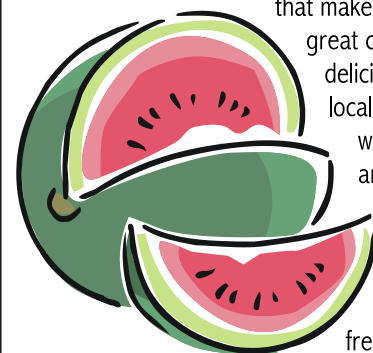
**N**o wonder national health groups ranging from the American Academy of Pediatrics to the American Dietetic Association all support low-fat and fat-free milk in schools, including flavored milk. Milk in schools is a crucial source of calcium and other key nutrients for kids -- and a fairly minimal source of sugar and calories.

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## How come watermelon is such a great choice?

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate! And all for just 40 fat-free and salt-free calories per cup!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [www.kidshhealth.org/kid/stay\\_healthy/food/pyramid.html#cat119](http://www.kidshhealth.org/kid/stay_healthy/food/pyramid.html#cat119)

**Monday, Sept. 19**

### Breakfast

Breakfast Pizza; Fruit

### Lunch

*Choice of One*

Pig in a Blanket  
Turkey & Cheese / bun

### Sides

Cucumber coins & Grape  
Tomatoes  
Black-eyed Peas  
*Strawberry Yogurt Parfait*

**Tuesday, Sept. 20**

### Breakfast

Cereal; Grahams

### Lunch

*Choice of One*

Fun Shaped Chicken  
Nuggets / Sl. Ham

### Sides

Mashed Potatoes  
Seasoned Green Beans  
Fresh or Canned Fruit  
Wheat Dinner Roll (s )

**Wednesday, Sept. 21**

### NEW! BreakfastYUM

Morning Sausage Roll;  
Fruit

### Lunch

*Choice of One*

Assorted Pizza  
Deli Sandwich w/cheese

### Sides

Garden Side Salad; dressing  
Hot Vegetable of Choice  
Fresh or Canned Fruit  
Crackers

**Thursday, Sept. 22**

### Breakfast

Chicken Biscuit

### Lunch

*Choice of One*

Beef Taco w/ shr. Cheese  
tomato, lettuce / soft shell  
Deli Sandwich /w cheese

### Sides

Golden Corn  
" Juice Alive " fruit slushie

**Friday, Sept. 23**

### Breakfast

Yogurt; Muffin

### Lunch

*Choice of One*

Crispy Corn Dog  
Fish Fillet w/cheese

### Sides

Macaroni & Cheese  
Steamed Broccoli  
Fresh or Canned Fruit

### MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk

100% Fruit Juice 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.

Water is available with every lunch at no cost to students

Menus are subject to change without notice.

[www.cafeprepay.com](http://www.cafeprepay.com)

**Monday, Sept. 26**

### Breakfast

Breakfast Pizza; Fruit

### Lunch

*Choice of One*

Hot Dog w/wo Chili  
Turkey & Cheese /HD Bun

### Sides

Baked Beans  
Fresh Veggies w/ dip  
Fresh or Canned Fruit  
And Choc Chip Cookie

**Tuesday, Sept. 27**

### Breakfast

Cereal; Grahams

### Lunch

*Choice of One*

Popcorn Nuggets  
Sliced Ham

### Sides

Mashed Potatoes  
Peas & Carrots  
Fresh or Canned Fruit  
Wheat Dinner Roll (s )

**Wednesday, Sept. 28**

### Breakfast

Morning Sausage Roll;  
Fruit

### Lunch

*Choice of One*

French Bread Pizza  
PBJ Uncrustable

### Sides

Garden Side Salad; dressing  
Hot Vegetable of Choice  
Fresh or Canned Fruit  
Crackers

**Thursday, Sept. 29**

### Breakfast

Blueberry Pancakes/ Syrup

### Lunch

*Choice of One*

Crispy Chicken Fillet/Bun  
Texas BBQ / Bun

### Sides

Crisp Potato Wedges  
Fresh steamed squash/  
zucchini  
Fresh or Canned Fruit  
Wheat Dinner Roll (s )

**Friday, Sept. 30**

### Breakfast

Yogurt; Belly Grahams

**Early Dismissal 12:10**

### Grab & Go Lunch!

PBJ Uncrustable or  
Deli Meat & Cheese / Bun  
Bag of Baby Carrots  
Applesauce Cup  
Bag of Mini Cookies