

Menus for September 2012




WILLIAM MARVIN BASS ELEMENTARY MENU

Welcome



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.

Our Menus are FULL of fresh fruit & vegetable choices.

We provide 5 sub groups of vegetables each week:
'Dark Green', 'Starch', 'Legumes', 'Red-Orange', &
'Other' along with Whole Grains.

Menus are subject to change without notice

HEALTHIER BY DEFAULT.



Sometimes, choices that are made for us can help make us healthier.

That's why we've made a subtle change in our school menus this year. Before, students weren't required to take a fruit or vegetable at all, as long as they took enough

other items. Now, they must choose at least one fruit or veggie, and they can take more if they like.

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

Monday, September 3



No School

Tuesday, September 4

Breakfast

Cereal; Grahams

Lunch

Chicken Nuggets Or
Sliced Ham
Creamy Mashed Potatoes
Broccoli w/cheese
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, September 5

Breakfast

Flapstick; Fresh Fruit

Lunch

Assorted Pizza or
PBJ Uncrustable
Fresh Caesar Salad
with croutons & cheese
Hot Veg. of Choice
Assorted Fruit Choices

Thursday, September 6

Breakfast

Sausage Biscuit

Lunch

Fish Fillet (or sticks)
Or Meatballs in Sauce
Fresh Baked Potato
Glazed Fresh Carrots
Assorted Fruit Choices
Choc. Chip Cookie

Friday, September 7

Breakfast

Yogurt; Muffin

Lunch

Local 100% Fresh Beef
Cheeseburger/ WG Bun
Or Turkey/cheese /WG Bun
With Lettuce & tomato
Home-style Baked Beans
Cucumber Slices w/ Ranch
Assorted Fruit Choices



DON'T GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE**
items total so your meal
counts as a complete lunch!

Visit www.traytalk.org for more details
Lynchburg City School Nutrition

Monday, September 10

Breakfast

WG Breakfast Sausage
Square

Lunch

Turkey Hot Dog/ WG Bun
With/without Chili Or
Turkey & Ham /WG Bun
Cheesy Pintos
Crunchy Cole Slaw w/
fresh Carrots
Assorted Fruit Choices

Tuesday, September 11

Breakfast

Cereal; Grahams

Lunch

Chicken Tenders Or
Sliced Ham
Creamy Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, September 12

Breakfast

Flapstick; Fresh Fruit

Lunch

Assorted Pizza or
PBJ Uncrustable
Fresh Caesar Salad
with croutons & cheese
Hot Veg. of Choice
Assorted Fruit Choices

Thursday, September 13

Breakfast

Chicken Biscuit

Lunch

Chicken Fillet/ WG Bun
Or Deli Meats w/cheese
/ WG Bun
Mashed Sweet Potatoes
Broccoli w/ cheese
Assorted Fruit Choices

Friday, September 14

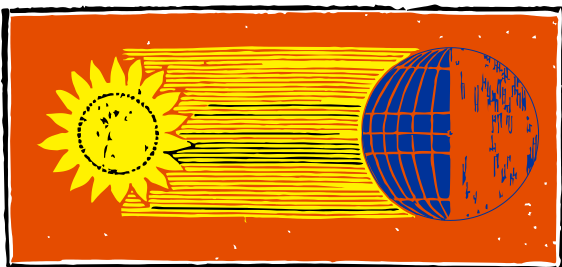
Breakfast

Yogurt; Grahams

Lunch

Turkey Corn Dog
Nuggets Or
Popcorn Chicken
Crisp Potato Wedges
Fresh Broccoli Crowns
With Ranch dip
Assorted Fruit Choices

the September Equinox



Twice a year, in March and September, the Sun shines directly on the Earth's equator, and everywhere on Earth, day and night are both 12 hours long. This year, the September Equinox falls on September 22.

Monday, September 17

Breakfast
WG Breakfast Sausage Square

Lunch
Beef & Bean Burrito
Pork n Beans
Baby Carrots w/dip
Fruit of Choice

Tuesday, September 18

Breakfast
Cereal; Grahams

INTERSESSION: 1/2 DAY—QUICK AND EASY LUNCH!

Lunch
Chicken Tenders
Baked Sweet Potato Fries
Fruit of Choice
Bakery Dinner Roll

Wed., September 19

Breakfast
Flapstick

Lunch
Assorted Pizza
Side Salad w/ dressing
Fruit of Choice

Thursday, September 20

Breakfast
Ham Roll

Lunch
Turkey & Cheese /WG Bun
Crisp Potato Wedges
Broccoli w/ cheese
Fruit of Choice

Friday, September 21

Breakfast
Yogurt; Grahams

Lunch
Popcorn Chicken
Golden Corn
Fresh Veggies w/ dip
Fruit of Choice

Monday, September 24

Breakfast
WG Breakfast Sausage Square

Lunch
Turkey Hot Dog/ WG Bun
With/without Chili Or
Turkey & Cheese/ WG Bun
Cheesy Pintos
Crunchy Cole Slaw w/
Fresh Carrots
Assorted Fruit Choices

Tuesday, September 25

Breakfast
Cereal; Grahams

Brunch for Lunch
Scrambled Eggs w/cheese
Turkey Bacon; Yogurt
(Or Deli Sandwich)
Crisp Potato Coins
Baked Apples
Honey Wheat Biscuit

Wed., September 26

Breakfast
Flapstick; Fresh Fruit

Lunch
Assorted Pizza Or
PBJ Uncrustable
Mixed Spinach Salad
with Fresh Strawberries
Hot Veg. of Choice
Assorted Fruit Choices

Thursday, September 27

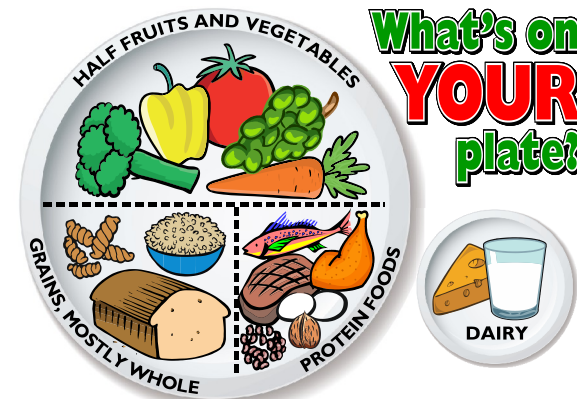
Breakfast
Sausage Biscuit

Lunch
Fresh-Made Turkey
Vegetable Soup
Toasted Cheese
Sandwich
Baby Carrots w/dip
Assorted Fruit Choices

Friday, September 28

Breakfast
Yogurt; Muffin

Lunch
Local 100% Fresh Beef
Cheeseburger/ WG Bun
Or Ham /cheese /WG Bun
With Lettuce & tomato
Crisp Sweet Potato Fries
Cucumber Slices w/ Ranch
Assorted Fruit Choices



Stacked against you?

A sugar cube is about 4 grams of sugar, and there are about 10 cubes of sugar in every 12 ounce can of regular soda. So if you drink two cans a day, you're actually eating more than 7,000 cubes of sugar a year -- or more than 60 pounds of added sugar just from soda. If you stacked the cubes one on top of the other the "sugar cube tower" would be more than 300 feet high!



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

Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$8.10. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of cheese crackers, fruit and a carton of milk.
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.

www.cafeprepay.com

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

Easy, Smart, Secure

Questions? Call 434-515-5062

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