

Welcome Back!

Menus for August & September 2014



**MENU FACTS:**

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit 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.

WG = Whole Grains

Menus are subject to change without notice.

One item's been on our menu since 1946.

*Education.* That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

**WILLIAM MARVIN BASS ELEMENTARY SCHOOL**

Monday, August 25	Tuesday, August 26	Wednesday, August 27	Thursday, August 28	Friday, August 29
<b>Breakfast</b> Flapstick; Fruit Cup	<b>Breakfast</b> WG Turkey Sausage Breakfast Square; Fruit of Choice	<b>Breakfast</b> Cereal; Grahams; 1/2 Fresh Banana	<b>Breakfast</b> Sausage Biscuit; Fruit of Choice	<b>Breakfast</b> Yogurt; Grahams; Raisins/ Fruit of Choice
<b>INTERSESSION: AUG 25—29, 2014</b>				
<b>Lunch</b> Hot Dog/ WG Bun Baked Beans Assorted Fruit Choices Fresh Baked WG Choc Chip Cookie	<b>Lunch</b> Teriyaki Chicken Broccoli w/ cheese Assorted Fruit Choices Bakery Wheat Roll	<b>Lunch</b> Assorted Pizza Wedge Fresh Garden Salad With Cherry Tomatoes Fruit Cup	<b>Summer Birthdays Lunch</b> Ham & Cheese/ WG Bun Crisp Oven Fries Fresh Fzn. Green Peas <b>Happy Birthday Ice Juice Cup</b>	<b>Lunch</b> Honey BBQ Rib Or California Blend Veggies 100% Fruit Juice

Breakfast      Lunch  
\$ NO COST      \$2.25

**School Meals**  
*We serve education every day™*

**Now No Fees!**

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

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. This year we will offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Healthy Snacks".

You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

**Easy, Smart, Secure!**

**mySchoolBucks®**

Monday, September 1

**No School**

Tuesday, September 2
<b>Breakfast</b> Flapstick; Fruit Cup
<b>Lunch</b> Chicken Nuggets Or Sliced Ham Mashed Potatoes Seasoned Green Beans Assorted Fruit Choices Bakery Wheat Roll

Wed., September 3
<b>Breakfast</b> Cereal; Grahams; 1/2 Fresh Banana
<b>Lunch</b> Assorted Pizza Wedge Or PBJ Jamwich with string cheese Fresh Romaine Salad With Cherry Tomatoes Hot Vegetable of Choice Mixed Fresh Fruit Cup

Thursday, September 4
<b>Breakfast</b> Chicken Biscuit Fruit of Choice
<b>Lunch</b> Beef Taco /soft shell w/ shr cheese & lettuce Or Deli Meat/Cheese Roll-up Pinto Beans w/ cheese Fresh Baby Carrots w/dip Assorted Fruit Choices

Friday, September 5
<b>Breakfast</b> PBJ Sandwich Fruit of Choice
<b>Lunch</b> Chicken Fillet/ WG Bun Or Turkey & Cheese/ WG Bun Baked Sweet Potato Fresh Fzn Mixed Veggies Assorted Fruit Choices Fresh Baked WG Sugar Cookie

Monday, September 8

**Breakfast**

Flapstick Or Bkf.  
Sausage Pizza w/WG  
Crust; Fruit

*(Our great tasting BBQ  
is BACK—YEA!)*

**Lunch**

Texas BBQ/ WG Bun Or  
Deli Meat & Cheese/WG Bun  
Roasted Red-skinned  
Potatoes & Carrots  
Fresh Made Cole Slaw

Tuesday, September 9

**Breakfast**

Cereal Bar; Grahams  
Fruit of Choice

**Lunch**

Chicken Nuggets  
Or Sliced Turkey  
Mashed Potatoes  
Seasoned Green Beans  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

Wed., September 10

**Breakfast**

Yogurt; Muffin; Fruit

**Lunch**

**Chef Salad** w/Diced  
Turkey, Ham, Bacon &  
Shr. Cheese; Tomatoes  
Served w/Fresh Baked  
Cheese Stick Or  
PBJ Jamwich/ string cheese  
Hot Vegetable of choice  
Assorted Fruit Choices  
Fresh Baked WG Sugar  
Cookie

Thurs, September 11

**Breakfast**

Sausage Biscuit; Fruit of  
Choice

**Lunch**

Beef Chili Beans  
w/grated cheese &  
Baked 'Tostitos Scoops'  
Or Meat & Cheese Roll-up  
Golden Corn  
Side Salad w/ tomatoes  
Assorted Fruit Choices



Friday, September 12

**Breakfast**

PBJ; Fruit of Choice

**Lunch**

Local 100% Beef  
Cheeseburger/WG Bun  
Or Pork Chop/WG Bun  
Baked Beans  
Broccoli w/ cheese  
"Dragon" Fruit/Veggie  
Juice

**CHEW ON THIS.**

Apples help lower blood sugar  
and reduce the amount of fat in  
your blood. Plus, apples  
have recently been shown  
to improve digestion and  
digestive health. But be  
sure to eat the actual fruit  
-- applesauce and apple juice  
don't provide the same benefits.



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

USDA is an equal opportunity provider and employer.

**MEAL APPLICATIONS:** Unless your children  
are approved by Direct Certification for SNAP (Food  
Stamps) or TANF, you are required to complete a new  
meal application **each school year** in order for your  
children to receive free or reduced price meals. Only  
**ONE** application per family is required. Each student  
within a family and the school he attends must be listed  
on the application. **Every application must have an  
adult signature to be processed!** Please make sure  
your application is completed and turned in to your  
school cafeteria cashier or to the School Nutrition Office  
in the School Administration Building as soon as possi-  
ble. Your children may use their previous year's ap-  
proval for the first 30 days of the new school year. If you  
have any questions or need further information, please  
call the School Nutrition Office at 434-515-5064.

Monday, September 15

**Breakfast**

Flapstick Or Bkf.  
Sausage Pizza w/WG  
Crust; Fruit

**Lunch**

Hot Dog w/wo Chili Or  
Beef Meatballs w/cheese  
Both on WG hot dog Bun  
Crispy Oven Fries  
Fresh Made Cole Slaw  
Assorted Fruit Choices  
Fresh Baked WG  
Chocolate Chip Cookie

Tuesday, September 16

**Breakfast**

PBJ; Fruit of Choice

**Brunch for Lunch**

Cheesy Scrambled Eggs  
Or Chicken Patty  
Cereal  
Crispy Tater Tots  
Cucumbers w/ dip  
Baked Apples



Wed., September 17

**Breakfast**

Cereal Bar; Grahams  
Seasonal Fresh Fruit

**Lunch**

Assorted Pizza Wedge Or  
PBJ Jamwich/ string cheese  
Fresh Romaine Salad  
With Cherry Tomatoes  
Hot Vegetable of Choice  
Mixed Fresh Fruit Cup

Thurs, September 18

**Breakfast**

Chicken Biscuit; Fruit

**Lunch**

Beef Taco /soft shell  
w/ shr cheese & lettuce  
Or Meat/Cheese Roll-up  
Pinto Beans w/ cheese  
Fresh Baby Carrots w/dip  
Assorted Fruit Choices

Friday, September 19

**Breakfast**

Yogurt; Muffin; Fruit

**Lunch**

Potato Crusted Fish Fillet  
Or Pork Chop  
Baked Sweet Potato  
Broccoli w/ cheese  
Assorted Fruit Choices  
Bakery Dinner Roll



Monday, September 22

**Breakfast**

Flapstick Or Bkf.  
Sausage Pizza w/WG  
Crust; Fruit

**Lunch**

Texas BBQ/ WG Bun Or  
Chicken Fillet/ WG Bun  
Roasted Red-skinned  
Potatoes & Carrots  
Fresh Made Cole Slaw  
Assorted Fruit Choices

Tuesday, September 23

**Breakfast**

Yogurt; Muffin; Fruit

**Lunch**

Teriyaki Chicken  
Or Sliced Ham  
Brown Rice  
Broccoli w/ cheese  
Glazed Carrots  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

Wed., September 24

**Breakfast**

Cereal Bar; Grahams;  
Fruit

**Lunch**

Assorted Pizza Wedge  
Or PBJ Jamwich  
with string cheese  
Fresh Romaine Salad  
With Cherry Tomatoes  
Black-eyed Peas  
Mixed Fresh Fruit Cup

Thurs, September 25

**Breakfast**

Egg & Cheese Biscuit;  
Fruit of Choice

**September  
Birthday Lunch**

Spaghetti w/ Meat Sauce  
Or Meat & Cheese Roll-up  
Collard Greens  
Golden Corn  
WG Garlic Toast  
**Happy Birthday  
Ice Juice Cup**



Friday, September 26

**Breakfast**

PBJ; Fruit of Choice

**Early Dismissal  
For Bass Students**

**Lunch**

Turkey & Cheese/ WG Bun  
Bag of Fresh Carrots  
Bag of Apple Slices  
Bag of Grahams

Monday, September 29

**Breakfast**

Flapstick Or Bkf.  
Sausage Pizza w/WG  
Crust; Fruit

**Lunch**

Hot Dog w/wo Chili Or  
Beef Meatballs w/cheese  
Both on WG hot dog Bun  
Crispy Oven Fries  
Fresh Made Cole Slaw  
Assorted Fruit Choices

Tuesday, September 30

**Breakfast**

Yogurt; Muffin; Fruit

**Lunch**

Chicken Nuggets  
Or Sliced Ham  
Mashed Potatoes  
Fresh Fzn. Green Peas  
Assorted Fruit Choices  
Fresh Baked Wheat Roll