



LYNCHBURG CITY SCHOOLS—SEPTEMBER ELEMENTARY MENU

USDA is an equal opportunity provider and employer. Menus are subject to change.


MENU FACTS:

Choice of milk served with all complete meals: Skim milk & 1% white and fat free 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.




Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

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

Monday, August 31

Breakfast
Yogurt; Muffin;
Fruit of Choice

Lunch
Hot Dog/ w/wo Chili Or
Beef Meatballs w/cheese
Both on hot dog Bun
Home-style Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, September 1

Breakfast
Cereal Bar; Grahams
Fruit of Choice

Lunch
Popcorn Chicken
Or Sliced Ham
Mashed Potatoes
Seasoned Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., September 2

Breakfast
Yogurt; Muffin; Fruit

Lunch
Fresh Mixed Salad
Topped w/your choice of:
Diced Turkey Ham &
Bacon Or Chicken Fajita;/
Shred.Cheese; Tomatoes
Fresh Baked Garlic Flatbread
Golden Corn
Assorted Strawberries
Choc Chip Cookie

Thursday, September 3

Breakfast
Flapstick; Fruit of Choice

Brunch for Lunch
Cheesy Scrambled Eggs
w/ Sausage Link
Crispy Tater Tots
Baked Apples
100% Fruit/Veggie Juice
'Buttered" WG Toast

Friday, September 4

Breakfast
Cereal in Pouch; Grahams;
Fruit

Lunch
Honey BBQ Rib/ Bun Or
Potato Crusted Fish
Fillet/ Bun
Sweet Potato Puffs
Broccoli w/cheese
100% Fruit/Veggie Juice



No Fees!
www.myschoolbucks.com
Place money on your children's accounts for those "extra treats" they will enjoy. We offer **Ice-Cream** and other snack selections. All a la carte items meet new Federal Guidelines for "Smart 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!



HAPPY LABOR DAY!
NO SCHOOL MONDAY, SEPTEMBER 7

Tuesday, September 8

Breakfast
Turkey Sausage Breakfast Square; Fruit of Choice

Lunch
Cheeseburger/ Bun Or
Crisp Pork Chop/ Bun
Crispy Potato Wedges
Home-style Baked Beans
Assorted Fruit Choices

Wed., September 9

Breakfast
Cereal in a Pouch;
Grahams; Fresh Banana

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

Thurs., September 10

Breakfast
Sausage in a 'Swirl' Roll;
Fruit of Choice

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

Friday, September 11

Breakfast
Egg Quesadillas; or
Manager's Choice
Fruit of Choice

Lunch
Chicken Nuggets or
Or Manager's Choice
Mashed Potatoes
Glazed Carrots
100% Fruit/Veggie Juice
Bakery Dinner roll

Monday, September 14

Breakfast

Cereal Bar; Grahams
Fruit of Choice

Lunch

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

Tuesday, September 15

Breakfast

Yogurt; Muffin;
Fruit of Choice

Lunch

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

Wed., September 16

Breakfast

Chicken on Swirl Roll;
Fruit of Choice

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
Fresh Garden Salad
With Cherry Tomatoes
Black-eye Peas
Mixed Fresh Fruit Cup

Thurs, September 17

Breakfast

Flapstick; Fruit of Choice

September Birthday Lunch

'Spaghetti w/ Meat Sauce
Or Meat & Cheese Roll-up
Sliced Cucumbers &
Cherry Tomatoes
Golden Corn
WG Garlic Toast
Happy Birthday Ice Juice Cup

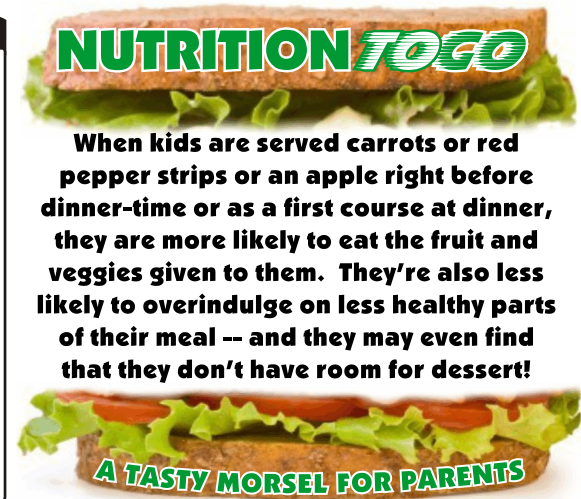
Friday, September 18

Breakfast

Cereal Pouch; Goldfish
Fruit of Choice

Lunch

Potato Crusted Fish
Fillet/ Bun Or
Manager's Choice Entree
Sweet Potato Puffs
Broccoli w/cheese
100% Fruit/Veggie Juice
Fresh Baked Cookie



When kids are served carrots or red pepper strips or an apple right before dinner-time or as a first course at dinner, they are more likely to eat the fruit and veggies given to them. They're also less likely to overindulge on less healthy parts of their meal -- and they may even find that they don't have room for dessert!

Where do all of our crazy names for food come from?



WORDS OF MOUTH

This month: "Picnic"

"Picnic" comes from a French word that described a party where everyone brought a dish -- it had nothing to do with eating outside. In English, the word gradually came to have its very specific meaning of a meal enjoyed outdoors.



Monday, September 21

Breakfast

Yogurt; Grahams;
Fruit of Choice

Lunch

Cheeseburger/ Bun Or
Chicken Fillet / Bun
Crispy Potato Wedges
Home-Style Baked Beans
Assorted Fruit Choices

Tuesday, September 22

Breakfast

Pillsbury Pancakes;
Fruit of Choice

Lunch

Mini Corn Dogs or
Diced Turkey Ham
Mashed Potatoes
Green Peas
Assorted Fruit Choices
Bakery Dinner Roll

Wed., September 23

Breakfast

Cereal in a Pouch;
Grahams; Banana

Lunch

Assorted Pizza Wedge
Or Deli Sandwich
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thurs, September 24

Breakfast

Turkey Sausage Bkf.
Square
Fruit of Choice

Brunch for Lunch

Cheesy Scrambled Eggs
w/ Sausage Link
Crispy Tater Tots
Baked Apples
100% Fruit/Veggie Juice
"Buttered" WG Toast

Friday, September 25

Breakfast

Sausage on Swirl Roll;
Fruit of Choice

Grab & Go Lunch

PBJ Sandwich Or
Sandwich of Choice;
Baby Carrots
Fruit Cup
100% Fruit/Veggie Juice
Bag of Grahams

Early Dismissal

Monday, September 28

Breakfast

Flapstick; Fruit of Choice

Lunch

Hot Dog w/wo Chili Or
Beef Meatballs w/cheese
Both on hot dog Bun
Pinto Beans w/ cheese
Fresh Made Cole Slaw
Assorted Fruit Choices

Tuesday, September 29

Breakfast

Yogurt; Grahams
Fruit of Choice

Lunch

Chicken Nuggets or
Diced Turkey Breast
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., September 30

Breakfast

Cereal Bar; Goldfish;
Banana

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
Fresh Garden Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thurs, October 1

Breakfast

Pillsbury Pancakes;
Fruit of Choice

Lunch

Chicken Fajita/ Soft Shell
w/ shr. Cheese Or
Meat & Cheese Roll-up
Golden Corn
Fresh Baby Carrots w/ dip
Fruit of Choice



Friday, October 2

Breakfast

Turkey Sausage Bkf.
Square
Fruit of Choice

Lunch

Chicken Fillet/ Bun Or
Manager's Choice Entree;
Sweet Potato Puffs
Broccoli w/ cheese
100% Fruit/Veggie Juice
Fresh Baked Cookie