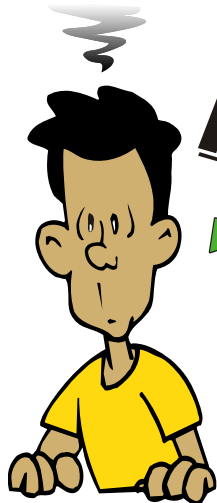




**LYNCHBURG CITY ELEMENTARY SCHOOL MENU**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability or retaliation. If you require this information in alternative format (Braille, large print, audiotape) contact the USDA TARGET Center at (202)720-2600 (voice or TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (866) 877-8339(TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.



**STAY ALERT!**

THE FIRST OF APRIL IS **APRIL FOOLS DAY!** DON'T BE FOOLED!

PLEASE SEE THE BACK PAGE FOR A LIST OF THE GREATEST APRIL FOOLS TRICKS OF ALL TIME!

 Check Out our

**“Healthier” April Menu**

More Fresh Vegetables, both raw & cooked!  
 More Fresh Fruit—for Breakfast & Lunch!  
 More Whole Grains—Wheat Rolls, Wheat & Fiber Hamburger/ Hot Dog Buns and Toast!

 Variety of Milk served with all meals  
 100% Fruit Juice served with each Breakfast 

**WHOLE-SOME.**

We make all kinds of choices in life that affect our health. But when it comes to choosing bread, pasta, and other grain products, the healthiest choice is pretty simple: always look for “100% whole grain” on the package.



**Tuesday, April 1**

**Breakfast**  
Cereal & Graham Bears

**Lunch**  
**Choice of one**  
Chicken Nuggets  
Sliced Turkey & Cheese

**Sides**  
Mashed Potatoes  
Green Peas  
Fresh or canned Fruit  
And Wheat Roll(s)  
[May choose all 3 sides today]

**Wed., April 2**

**Breakfast**  
Chicken Biscuit

**Lunch**  
**Choice of one**  
Cheese Pizza  
PBJ Uncrustable

**Sides**  
Garden Salad / Crackers  
Hot Vegetable of choice  
Fresh or Canned Fruit  
[May choose all 3 sides today]

**Thursday, April 3**

**Breakfast**  
Toasted Cheese Cup  
Fresh Fzn. Peach Cup

**Lunch**  
**Choice of one**  
Beef Taco / soft Shell  
Lettuce, Tomatoes, Cheese  
Cold Cuts w/ Cheese Wrap

**Sides**  
Golden Corn  
Fresh or Canned Fruit

**Friday, April 4**

**Breakfast**  
Muffin & Yogurt

**Lunch**  
**Choice of one**  
Chicken Tenders  
w/Bread Serving(s)  
Crispy Corn Dog

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

**Monday, April 7**

**Breakfast**  
Breakfast Pizza

**Lunch**  
**Choice of one**  
Chili & Cheese Fries  
Meatballs & Cheese Fries

**Sides**  
Fresh carrots, broccoli & cucumbers w/ dip  
Fresh or Canned Fruit  
And Wheat Garlic Toast(s)  
Mini Cookie

**Tuesday, April 8**

**Breakfast**  
Cereal & Grahams  
1/2 Fresh Banana

**Lunch**  
**Choice of one**  
Popcorn Chicken  
Sliced Ham & Cheese

**Side**  
Mashed Potatoes  
Green Beans  
Fresh or canned Fruit  
And Wheat Roll(s)  
[May choose all 3 sides today]

**Wed., April 9**

**Breakfast**  
Sausage Biscuit

**Lunch**  
**Choice of one**  
Pepperoni Pizza  
PBJ Uncrustable

**Sides**  
Garden Salad / Crackers  
Hot Vegetable of choice  
Fresh or Canned Fruit  
[May choose all 3 sides today]

**Thursday, April 10**

**Breakfast**  
Cinnamon French Toast  
Applesauce Cup

**Lunch**  
**Choice of one**  
Spaghetti w/ Meat Sauce  
Turkey & Cheese / Bun

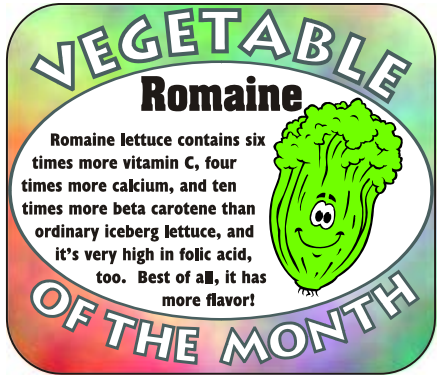
**Sides**  
Mixed Greens  
Fresh or Canned Fruit  
And Wheat Garlic Toast(s)

**Friday, April 11**

**Breakfast**  
Muffin & Yogurt

**Lunch**  
**Choice of one**  
Chicken Nuggets  
w/Bread Serving(s)  
Crispy Corn Dog

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



**MENU FACTS:**

"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.

Menus are subject to change without notice.



**Monday, April 14**

**Breakfast**  
LCS "McGriddle"  
(Sausage & Pancake Sandwich)

**Lunch**  
**Choice of one**  
Texas BBQ/ Bun  
w/wo Cole Slaw  
Cheeseburger / Bun  
w/wo Lettuce & Tomato  
**Sides**  
Potato Wedges  
Fresh or Canned Fruit

**Tuesday, April 15**

**Breakfast**  
Cereal & Grahams

**Lunch**  
**Choice of one**  
Chicken Nuggets  
Sliced Turkey & Cheese  
**Sides**  
Mashed Potatoes  
Mixed Vegetables  
Fresh or canned Fruit  
And Wheat Roll(s)  
[May choose all 3 sides today]

**Wed., April 16**

**Breakfast**  
Bacon, Egg, & Cheese  
Biscuit **YUM!**

**Lunch**  
**Choice of one**  
Cheese Pizza  
PBJ Uncrustable  
**Sides**  
Garden Salad / Crackers  
Hot Vegetable of choice  
Fresh or Canned Fruit  
[May choose all 3 sides today]

**Thursday, April 17**

**Breakfast**  
Toasted Cheese Sandwich  
Fresh Fzn. Peach Cup

**Lunch**  
**Choice of one**  
Cheesy Meatball Beefaroni  
Ham & Cheese Wrap  
**Sides**  
Golden Corn  
Fresh or Canned Fruit  
And Wheat Garlic Toast(s)

**Friday, April 18**

**Breakfast**  
Muffin & Yogurt

**Lunch**  
**Choice of one**  
Crispy Fish Nuggets **NEW!**  
Cold Cuts w/cheese / Bun  
**Sides**  
Macaroni & Cheese  
Green Beans  
Fresh or Canned Fruit  
And Mini Cookie  
[May choose all 3 sides today]

**Monday, April 21**

**Breakfast**  
Breakfast Pizza

**Lunch**  
**Choice of one**  
Piled High Turkey & Bacon Club  
Sandwich w/ shr. Lettuce  
Texas BBQ / Bun  
**Sides**  
Baked Beans  
Fresh or Canned Fruit

**Tuesday, April 22**

**Breakfast**  
Cereal & Grahams

**Lunch**  
**Choice of one**  
Popcorn Chicken  
Sliced Ham & Cheese  
**Side**  
Mashed Potatoes  
Green Beans  
Fresh or canned Fruit  
And Wheat Roll(s)  
[May choose all 3 sides today]

**Wed., April 23**

**Breakfast**  
Sausage Biscuit

**Lunch**  
**Choice of one**  
Pepperoni Pizza  
PBJ Uncrustable  
**Sides**  
Tossed Salad / Crackers  
Hot Vegetable of choice  
Fresh or Canned Fruit  
[May choose all 3 sides today]

**Thursday, April 24**

**Breakfast**  
Flapstick, 1/2 Banana

**Lunch**  
**Choice of one**  
Chef Salad w/diced Turkey,  
Cheese, Crackers & Dressing  
Crispy Fish Nuggets  
**Sides**  
Small Round Potatoes  
Fresh Fruit Bowl  
And Bakery Dinner Rolls  
Mini Cookie

**Friday, April 25**

**Breakfast**  
Yogurt & Grahams

**Lunch**  
**Choice of one**  
Chicken Fillet / Bun  
Crispy Corn Dog  
**Sides**  
Fresh Steamed Cabbage  
(try it-- you just may like it!)  
1/2 Baked Potato

**Monday, April 28**

**Breakfast**  
Breakfast Pizza

**Lunch**  
**Choice of one**  
Hot Dog / Bun  
w / wo Chili  
Diced Turkey & Cheese/ Bun  
**Sides**  
Pork & Beans  
Fresh Veggies w/ dip  
(Carrots, Cukes, & Broccoli)

**Tuesday, April 29**

**Breakfast**  
Cereal & Grahams

**Lunch**  
**"Brunch for Lunch"**  
Scrambled Eggs  
Sausage (chicken) Pattie  
**Sides**  
Potato Coins  
Baked Apples  
Fresh Baked Biscuits(s)

**Wed., April 30**

**Breakfast**  
Chicken Biscuit

**Lunch**  
**Choice of one**  
Cheese Pizza  
PBJ Uncrustable  
**Sides**  
Garden Salad / Crackers  
Hot Vegetable of choice  
Fresh or Canned Fruit  
[May choose all 3 sides today]

**Thursday, May 1**

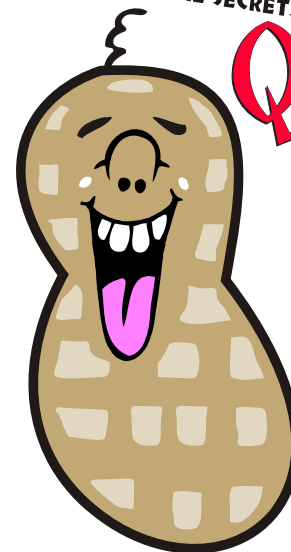
**Breakfast**  
Cinnamon French Toast  
Applesauce Cup

**Lunch**  
**Choice of one**  
Spring Time Chicken & Rice  
Meatballs w/Queso Cheese  
**Sides**  
Broccoli w/cheese  
Fresh or Canned Fruit  
And Wheat Roll(s)  
Mini Cookie

**Friday, May 2**

**Breakfast**  
Muffin & Yogurt

**Lunch**  
**Choice of one**  
Grilled Chicken Pattie/ Bun  
w/wo Lettuce & Tomato  
Cold Cuts w/cheese / Bun  
**Sides**  
Green Beans  
Fresh or Canned Fruit



**Q: What's the GOOFIEST thing about a GOOBER?**

**A:** "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

**LEARN MORE AT [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**