




Lynchburg City Schools Elementary Menu

<p>Monday, Aug. 25</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch Choice of One Hot Dog / Bun With or without Chili, Slaw Texas BBQ / Bun With or without Cole Slaw Choices Crispy Potato Puffs Fresh or Canned Fruit And Mini Choc Chip Cookie</p>	<p>Tuesday, Aug. 26</p> <p>Breakfast Pancake w/syrup Slice of Turkey Bacon</p> <p>Lunch Choice of One Honey BBQ Rib / Bun Turkey & Cheese / Bun Choices Broccoli w/ cheese Fresh or Canned Fruit</p>	<p>Wed., Aug. 27</p> <p>Breakfast Flapstick, 1/2 Banana</p> <p>Lunch Choice of One Cheese Pizza Cold Cuts w/cheese / Bun Choices Tossed Salad w/ dressing Hot Vegetable of choice Fresh or Canned Fruit < May have all 3 ></p>	<p>Thurs, Aug. 28</p> <p>Breakfast Sausage Biscuit</p> <p>Lunch Choice of One Chicken Nuggets Sl. Ham & Cheese Choices Mashed Potatoes Green Beans Fresh or Canned Fruit < May have all 3 > And Fresh Baked Wheat Roll</p>	<p>Friday, Aug. 29</p> <p>Breakfast Muffin & Yogurt</p> <p>Lunch Choice of One Crispy Corn Dog PBJ Uncrustable with Cheese Snack Pack Choices Baked Beans Fresh or Canned Fruit</p>
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<p>Monday, Sept. 1</p>  <p>LABOR DAY Monday, Sept. 1 No School Today</p> <p><i>Last Chance for Summer Fun & Play!</i></p>	<p>Tuesday, Sept. 2</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch Choice of One Grilled Chicken / Bun Ham & Cheese / Bun Choices Fresh Veggies with Dip Golden Corn Graham Wafer Cookies</p>	<p>Wed., Sept. 3</p> <p>Breakfast Chicken Biscuit</p> <p>Lunch Choice of One Pepperoni Pizza PBJ Uncrustable with Cheese Snack Pack Choices Tossed Salad w/ dressing Hot Vegetable of choice Fresh or Canned Fruit < May have all 3 ></p>	<p>Thursday, Sept. 4</p> <p>Breakfast Cinnamon French Toast</p> <p>Lunch Choice of One Honey BBQ Rib / Bun Turkey & Cheese Club / Bun (w/Turkey Bacon) Choices Baked Potato Half Broccoli w/ cheese</p>	<p>Friday, Sept. 5</p> <p>Breakfast Cereal & Grahams</p> <p>Lunch Choice of One Cheesy Pizza Stix Crispy Corn Dog Choices Seasoned Green Beans Fresh or Canned Fruit</p>
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MEAL APPLICATIONS: You are required to complete a new meal application **each school year** for your children to receive free or reduced price meals, unless your children are approved under Direct Certification. 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 possible. Your children may use their previous year's approval for the first month. If you have any questions or need further information, please call the School Nutrition Office at 522-3700, x164. Don't delay – get your child's meal application in **Today!**



STILL NO PRICE INCREASE ON OUR MEALS!
Higher Gas Prices mean higher food costs—but we're keeping our meal prices the same as long as we possibly can!

MORE THAN EVER – SCHOOL MEALS "THE BEST DEAL IN TOWN"

Breakfast \$.85 **Lunch \$ 1.40**

We also provide free and reduced-price meals for eligible students.

<p>Monday, Sept. 8</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch Choice of One Cheeseburger / Bun Texas BBQ / Bun Choices Crispy Potato Puffs Fresh or Canned Fruit</p>	<p>Tuesday, Sept. 9</p> <p>Breakfast Cereal & Grahams</p> <p>Lunch Choice of One Popcorn Chicken Sl. Ham & Cheese Choices Mashed Potatoes Green Peas Fresh or Canned Fruit < May have all 3 > And Wheat Roll(s)</p>	<p>Wed., Sept. 10</p> <p>Breakfast Egg & Cheese Biscuit</p> <p>Lunch Choice of One Cheese Pizza Cold Cuts w/cheese / Bun Choices Tossed Salad w/ dressing Hot Vegetable of choice Fresh or Canned Fruit < May have all 3 ></p>	<p>Thursday, Sept. 11</p> <p>Breakfast Bacon Cheese Toaster 1/2 Banana</p> <p>Lunch Choice of one Beef Taco on Soft Shell/cheese Turkey & Cheese Wraps Choices Golden Corn Fresh or Canned Fruit And Mini Cookie</p>	<p>Friday, Sept. 12</p> <p>Breakfast Muffin & Yogurt</p> <p>Lunch Choice of One Chicken Fillet / Bun PBJ Uncrustable with Cheese Snack Pack Choices Broccoli w/ cheese Fresh or Canned Fruit</p>
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Monday, Sept. 15

Breakfast
Breakfast Pizza

Lunch
Choice of One
Hot Dog / Bun
With or without Chili, Slaw
Texas BBQ / Bun
With or without Cole Slaw
Choices
Fresh Veggies w/ Ranch
Fresh or Canned Fruit

Tuesday, Sept. 16

Breakfast
Cereal & Grahams

Lunch
Choice of One
Chicken Nuggets
Sl. Ham & Cheese
Choices
Mashed Potatoes
Green Beans
Fresh or Canned Fruit
< May have all 3 >
And Wheat Roll(s)

Wed., Sept. 17

Breakfast
Sausage Biscuit

Lunch
Choice of One
Pepperoni Pizza
Turkey & Cheese / Bun
Choices
Tossed Salad w/ dressing
Hot Vegetable of choice
Fresh or Canned Fruit
< May have all 3 >

Thursday, Sept. 18

Breakfast
Flapstick, Seasonal Fruit

Brunch for Lunch
Scrambled Eggs
Sausage or Chicken Patty
Baked Apples
Crispy Potato Puffs
Fresh Baked Biscuit(s)

Friday, Sept. 19

Breakfast
Bacon Cheese Toaster
Applesauce

Lunch
Choice of One
Grilled Chicken Pattie / Bun
Beef Sloppy Joe / Bun
Choices
Golden Corn
Fresh or Canned Fruit
Bag of Elf Graham Cookies

YOU'RE GETTING WARM.



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

Monday, Sept. 22

Tuesday, Sept. 23

Wed., Sept. 24

Thursday, Sept. 25

Friday, Sept. 26

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.

Menus are subject to change without notice.

Breakfast
Breakfast Pizza

Lunch
Choice of One
Cheeseburger / Bun
Chicken Fillet / Bun
Choices
Fresh Veggies with Ranch
Fresh or Canned Fruit

Breakfast
Cereal & Grahams

Lunch
Choice of One
Popcorn Chicken
Sl. Ham & Cheese
Choices
Mashed Potatoes
Green Peas
Fresh or Canned Fruit
< May have all 3 >
And Wheat Roll(s)

Breakfast
Chicken Biscuit

Lunch
Choice of One
Cheese Pizza
Cold Cuts w/cheese / Bun
Choices
Tossed Salad w/ dressing
Hot Vegetable of choice
Fresh or Canned Fruit
< May have all 3 >

Breakfast
Cinnamon French Toast
Fruit of Choice

Lunch
Choice of One
Spaghetti w/Meat Sauce
Turkey & Cheese / Bun
Choices
Broccoli w/ cheese
Fresh or Canned Fruit
Warm Bread Stick(s)

Breakfast
Muffin & Yogurt

Lunch
Choice of One
Crispy Corn Dog
PBJ Uncrustable with
Cheese Snack Pack
Choices
Baked Beans
Fresh or Canned Fruit

Monday, Sept. 29

Breakfast
Breakfast Pizza

Lunch
Choice of One
Beef Sloppy Joe / Bun
With or without Cole Slaw
Texas BBQ / Bun
With or without Cole Slaw
Choices
Baked Potato Half
Fresh or Canned Fruit
Graham Wafer Cookies

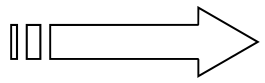
Tuesday, Sept. 30

Breakfast
Cereal & Grahams

Lunch
Choice of One
Chicken Nuggets
Sl. Ham & Cheese
Choices
Mashed Potatoes
Green Beans
Fresh or Canned Fruit
< May have all 3 >
And Wheat Roll(s)



PLEASE READ



Account Information and 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 a little 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 when they have forgotten 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 \$6.75. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If no money has been received and we have not heard from the parent, **School Nutrition will provide a student with 4 cheese crackers and a bottle of milk.** This emergency snack is given at no charge and provides protein, carbohydrates and calcium.
- Parents, please remember it is your responsibility to keep your child's account current. The best way to avoid charges is to place enough money on your child's account to cover several weeks of meals. Many parents find this method convenient and send money monthly.
- We care about each of our students and will do our best to work with parents to best serve our students. Please keep in touch with your cafeteria cashier and manager.

A Charge Policy is a courtesy—not a requirement—please use only as necessary.

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 alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call toll free (866) 632-9992. TDD users can contact USDA through local relay or the Federal relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.