

Menus for April 2011

Lynchburg City Schools Elementary Menu



This institution is an equal opportunity provider and employer.

Monday, April 4

Breakfast

Breakfast Pizza
Fruit of Choice

Lunch

Choice of One

Cheeseburger / Bun
Texas BBQ / Bun

Sides

Potato Wedges
Cucumber Wheels / Dip
Fresh or Canned Fruit

Tuesday, April 5

Breakfast

Cereal; Grahams

Lunch

Choice of One

Asian Popcorn Chicken/ or
Beef Meatballs w/ cheese
Sliced Ham

Sides

Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wednesday, April 6

Breakfast

Chicken Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
PBJ Uncrustable

Sides

Tossed Salad
Hot Veg. of Choice
Fresh or Canned Fruit

Thursday, April 7

Breakfast

Bacon Cheese Toaster
Fresh Seasonal Fruit

Lunch

Choice of One

Beef Taco / Soft Shell
w/shr. Cheese
Turkey & Cheese Roll-up

Sides

Golden Corn & Black Beans
Fresh or Canned Fruit

Friday, April 8

Breakfast

Yogurt; ABC Grahams

Lunch

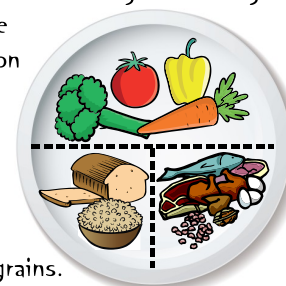
Choice of One

Crispy Corn Dog
PBJ Uncrustable
Sides
Bag of Fresh Baby Carrots
Bag of Fresh Apple Slices

**Early Dismissal for
Elementary**

DIVIDE AND PROSPER.

There's a simple way to make sure you're eating good proportions of the various foods you put on your dinner plate: half should be veggies and fruit, a quarter lean protein, and a quarter starch, which should mostly be from whole grains.



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



MENU FACTS:

100% Fruit Juice is served with every Breakfast

Low-Fat white & flavored milk is offered daily with
all school meals

"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.



Word of the Month

de·pend·a·ble

adj. 1. Worthy of trust; reliable 2. steadfast; responsible; faithful 3. capable of being counted on



Monday, April 11

Breakfast

Breakfast Pizza
Fruit of Choice

Lunch

Choice of One

Hot Dot / Bun
With/without Chili
Manager's Choice

Sides

Baked Beans
Cole Slaw

Tuesday, April 12

Breakfast

Cereal; Grahams

Lunch

Choice of One

Chicken Fajita over
Brown Rice
Manager's choice

Sides

Broccoli w/ cheese
Fresh Seasonal Fruit
And Choc. Chip Cookie

Wednesday, April 13

Breakfast

Sausage Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
Manager's Choice
Sides
Garden Salad
Hot Vegetable of Choice
Fresh or Canned Fruit

Thursday, April 14

Breakfast

Cereal; Grahams
1/2 Fresh Banana

Lunch

Choice of One

Spaghetti w/ Meat Sauce
Manager's Choice
Sides
Seasoned Mixed Greens
Golden Corn
Garlic Bread(s)

Friday, April 15

Breakfast

Yogurt; Muffin

Lunch

Choice of One

Turkey Bacon Cheeseburger
Manager's Choice
Sides
Macaroni & Cheese
"Fresh Frozen" Green Peas
Frozen Fruit Sherbet



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: How can I possibly eat **FIVE SERVINGS** of vegetables every day?!

A: It's true - the Food Guide Pyramid DOES recommend that kids ages 6-11 eat at least 5 servings of veggies every day. That seems like a lot! But a serving of most veggies is just a half cup (a serving of leafy greens is a cup). That's really not very much at all. Don't believe us? Just take a look at the measuring cups in your kitchen drawer! Here are some examples of what counts as a serving of vegetables:

6 or 7 baby carrots



Half of a large ear of corn



Half a dozen red pepper strips



2 leaves of romaine lettuce in a salad or on a burger or sandwich

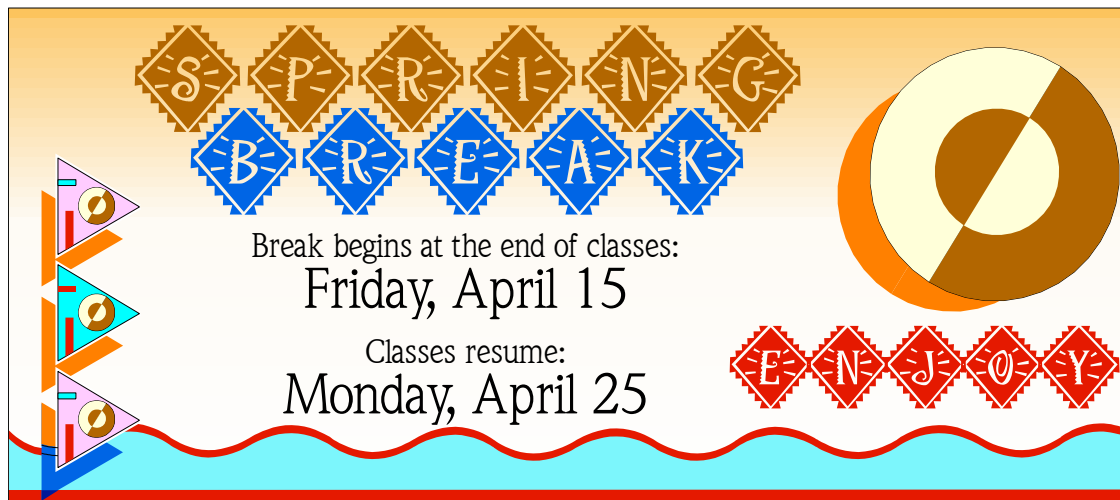


A handful of broccoli florets



See? It's easy! A few grape tomatoes and carrots, a little salsa, a BLT sandwich, half a baked potato and some green beans with dinner, and you're there already!

LEARN MORE AT WWW.MYPYRAMID.GOV OR WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/



Monday, April 25

Breakfast

Breakfast Pizza
Fruit of Choice

Lunch

Choice of One
Grilled Chicken Breast
w/ Let & Tom/ Bun
Turkey BBQ / Bun
Sides
Broccoli w/ cheese
Golden Corn
And Fresh Baked Cookie

Tuesday, April 26

Breakfast

Cereal; Grahams

Lunch

Choice of One
Chicken Nuggets
Fresh Made Chicken
Salad/Croissant
Sides
Creamy Mashed Potatoes
Seasoned Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wednesday, April 27

Breakfast

Chicken Biscuit

***WILD WELLNESS**

WEDNESDAY*

'WWW' Lunch

Choice of One
Chef Salad w/Diced
Turkey, Ham, & Shr. Cheese
w/ dressing
Turkey & Cheese / Bun
Sides
Oven Roasted Red Potatoes
Fresh Grapes / Crackers

Thursday, April 28

Breakfast

Cereal; Grahams

Lunch

Choice of One
Spicy Ginger Chicken
Over Brown Rice
Assorted Wedge Pizza
Sides
Garden Side Salad
Seasoned Mixed Veggies
Frozen Fruit Sherbet
Crackers

Friday, April 29

Breakfast

Yogurt; Muffin

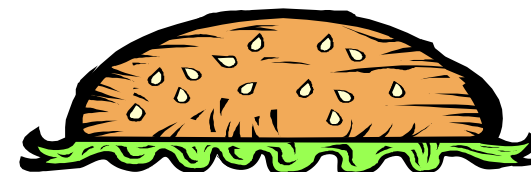
Lunch

Choice of One
Delicious! Turkey & Gravy
Crispy Chicken Fillet / Bun
Sides
Creamy Mashed Potatoes
"Fresh Frozen" Green Peas
Fresh Seasonal Fruit
Fresh Baked Wheat Roll(s)



EARTH DAY  **APRIL 22**

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, age, sex or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Try to get in the habit of checking the labels on convenience foods marketed to kids. One dinner from a popular brand (containing chicken nuggets, mac and cheese, corn, and a dessert) derives 43% of its calories from fat. Numbers like that might be OK once in awhile, but not for a steady diet.

A TASTY MORSEL FOR PARENTS