

Menus for **FEBRUARY 2011**

Lynchburg City Elementary Schools

★ **OUR NATION'S HISTORY** ★

During the winter of 1919, Boston, Massachusetts, was devastated by a flood – but there was no water involved at all. A fifty-foot tall wooden tank that held molasses broke apart, sending a forty-foot wave of the thick, dark sweetening liquid hurtling through part of the town like a tsunami. The gooey wave of 2.3 million gallons of molasses moved at 35 miles per hour, killing 21 people and injuring hundreds. The water in the harbor was still brown six months later, and some Bostonians swear that, on a warm summer day, you can still smell molasses in the air. Among the books for kids written about the disaster is *The Great Molasses Flood* by Beth Wagner Brust.



★ **WITH LIBERTY & JUSTICE FOR ALL** ★

Monday, January 31

Breakfast
Breakfast Pizza;
Fresh Orange Wedges

Lunch
Choice of One
Crisp Chicken Fillet/ Bun
Cheeseburger / Bun

Sides
Baked Potato Half
Fresh or Canned Fruit
And Choc. Chip Cookie

Tuesday, February 1

Breakfast
Cereal; Grahams

Lunch
Choice of One
Chicken Nuggets
Sliced Ham/ Cheese

Sides
Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

Wednesday, February 2

Breakfast
Sausage Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
PBJ Uncrustable

Sides
Fresh Garden Salad
With dressing
Hot Vegetable of Choice
Fresh or Canned Fruit
Crackers

Thursday, February 3

Breakfast
Cereal & Grahams
Seasonal Fresh Fruit

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

Friday, February 4

Breakfast
Yogurt; Belly Bears

Lunch
Choice of One
Turkey Bacon Burger
With Cheese / Bun
Cold Cuts /cheese / Bun

Sides
Golden Corn
Broccoli w/Cheese
Frozen Fruit Sherbet

Monday, February 7

Breakfast
Breakfast Pizza
Fruit of Choice

Lunch
Choice of One
Texas BBQ / Bun
Turkey & Cheese / Bun

Sides
Crispy Potato Puffs
Fresh Baby Carrots/dip
Fresh or Canned Fruit
And Belly Bears

Tuesday, February 8

Breakfast
Cereal; Grahams

Lunch
Choice of One
Roasted Chicken
Sliced Ham/ Cheese

Sides
Mashed Potatoes
Green Peas
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

Wednesday, February 9

Breakfast
Egg & Cheese Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
PBJ Uncrustable

Sides
Fresh Garden Salad
With dressing
Hot Vegetable of Choice
Fresh or Canned Fruit
Crackers

Thursday, February 10

Breakfast
Cereal & Grahams
Seasonal Fresh Fruit

Lunch
Choice of One
Fresh Chef Salad with
Turkey, Ham, Cheese
Cold Cuts/cheese/Bun

Sides
Fresh Baked Potato
Mandarin Oranges
Cheese Toast
And Choc. Chip Cookie

Friday, February 11

Breakfast
Yogurt; Belly Bears

Lunch
Choice of One
Chicken Nuggets
Turkey & cheese / Roll

Sides
Corn & Limas
Broccoli w/Cheese
Frozen Fruit Sherbet
Bakery Roll(s)

MENU FACTS:

Choice of milk is served with all complete meals:
Skim, 1%, white & flavored milk

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

“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.

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SHE SLIDES! SHE'S SAFE!

Playing sports can be good for all kids, but girls tend to play sports less than boys, and so might



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



Valentine's Day isn't just for sweethearts! On February 14, tell everybody who's close to you that you love them!

Monday, February 14

Breakfast
Breakfast Pizza;
Fresh Orange Wedges

Valentine Lunch

Choice of One
'Heart' Chicken Nuggets
Sliced Ham/cheese

Sides
Crispy Potato Puffs
Broccoli w/ cheese
Bakery Dinner Roll(s)

And Strawberry Shortcake 

Tuesday, February 15

Breakfast
Cereal; Grahams

Lunch

Choice of One
Turkey Club Sandwich w/ Bacon & Cheese
Cold Cuts/ Cheese/ Bun

Sides
Baked Beans
Fresh Veggies w/dip
Fresh or Canned Fruit

Wednesday, February 16

Breakfast
Chicken Biscuit

Lunch

Choice of One
Assorted Wedge Pizza
PBJ Uncrustable

Sides
Fresh Garden Salad With dressing
Hot Vegetable of Choice
Fresh or Canned Fruit
Crackers

Thursday, February 17

Breakfast
Cereal & Grahams
Seasonal Fresh Fruit

Lunch

Choice of One
Chili Beans w/Baked Doritos Scoops
Sliced Ham/ Cheese

Sides
Golden Corn
Mixed Pineapple Fruit Cup
Garlic Toast(s)

Friday, February 18

Breakfast
Yogurt; Muffin

Lunch

Choice of One  **NEW!** Mini Cheeseburger / Bun
Crispy Corn Dog

Sides
Macaroni & Cheese
Fresh Steamed Cabbage
Frozen Fruit Sherbet



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: What is the only U.S.



state where cacao is grown for commercial chocolate production?

A: Hawaii is the only U.S. state where cacao can be grown commercially to make chocolate. The cacao tree requires about 80 inches of rain a year and can't tolerate temperatures below 59° F, so all the chocolate in the world comes from tropical regions. More than 35 million heart-shaped boxes of chocolate candy are sold each year for Valentine's Day.

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

Monday, February 21

Breakfast
Breakfast Pizza;
Fruit Cup

Lunch

Choice of One
Texas BBQ / Bun
With/without slaw
Cheeseburger / Bun

Sides
Baked Potato Half
Petite Baby Carrots w/ ranch dip
Fresh or Canned Fruit

Tuesday, February 22

Breakfast
Cereal; Grahams

Lunch

Choice of One
Fresh-Made Chicken
Vegetable Soup
Toasted Cheese Sandwich
Fresh Seasonal Fruit
And Choc. Chip Cookie

Wednesday, February 23

Breakfast
Sausage Biscuit

Lunch

Choice of One
Assorted Wedge Pizza
PBJ Uncrustable

Sides
Fresh Garden Salad With dressing
Hot Vegetable of Choice
Fresh or Canned Fruit
Crackers

Thursday, February 24

Breakfast
Cereal & Grahams
Seasonal Fresh Fruit

Lunch

Choice of One
Beef Taco/ soft shell
Manager's Choice
With bread

Sides
Golden Corn
Mandarin Orange Fruit Cup

Friday, February 25

Breakfast
Yogurt; Belly Bears

Lunch


Choice of One
Chicken Nuggets/ Roll
Cold Cuts /cheese / Bun

Sides
Oven Baked Fries
Peas & Carrots
Frozen Fruit Sherbet

Monday, February 28

TEACHER WORKDAY

STUDENTS DO NOT ATTEND





GREATEST ATHLETE OF THE CENTURY

Jackie Joyner-Kersey was named the greatest female athlete of the 20th century by *Sports Illustrated*. She competed in four Olympics from 1984-1996, winning 3 gold medals, 2 silver, and a bronze. Her world record in the heptathlon (a grueling combination of 7 track and field events) has stood since 1988 – in fact, she still holds the six best scores ever in the event. Joyner-Kersey has served as a role model and an inspiration for two generations of female athletes.

AFRICAN AMERICAN HISTORY MONTH
Want to learn more? Start by doing a search for Jackie Joyner-Kersey.