



OCTOBER, 2010

Lynchburg City Schools Elementary Menu

October 6
First Wednesday in October
Time Once Again For:

**Wild
Wednesday
Wellness**



WHAT'S ON YOUR TRAY?



National School Lunch Week - October 11-15, 2010

Go to whatsonyourtray.org
to find out what your favorite foods and activities reveal about your personality!

Friday, October 1
Breakfast
Yogurt; Muffin
Early Dismissal
For all Elem. Schools

Lunch
Crispy Corn Dog
Fresh Baby Carrots w/ dip
100% Fruit Juice

Monday, October 4

Breakfast
Breakfast Pizza
Cupped Fruit of Choice

Lunch
Choice of One
Cheeseburger / Bun
Turkey & Cheese / Bun

Sides
Crispy "Tater Tots"
California Blend Veggies
Frozen Fruit Sherbet

Tuesday, October 5

Breakfast
Cereal; Grahams

Lunch
Choice of One
Chicken Nuggets
Slice Ham w/ cheese

Sides
Creamy Mashed Potatoes
Peas & Carrots
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wed., October 6

Breakfast
Egg & Cheese Biscuit
Wild Wednesday Wellness

Lunch
Choice of One
Fresh Garden Chef Salad with Meats & Cheese w/dressing
Crispy Fish Fillet

Sides
Fresh Baked Potato Half
Fresh Kiwi 😊
Cheese Bread
And a Dessert Treat

Thursday, October 7

Breakfast
Blueberry Pancakes w/syrup

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

Sides
Broccoli w/ cheese
Mandarin Orange /Banana
Fruit Cup
Toasted Bread(s)

Friday, October 8

Breakfast
Yogurt; Belly Bear Grahams

Lunch
Choice of One
Assorted Wedge Pizza
Crispy Corn Dog

Sides
Fresh Baby Carrots w/ dip
Hot Vegetable
Fresh or Canned Fruit

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

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

Join us for lots of great food & fun!

Parents are always welcome in our school cafeterias! If you would like to share a school lunch with your child during this special week, please contact your child's school so we can prepare for you.

Visiting Adults: \$2.25, Visiting children: \$1.40

National School Lunch Week - October 11-15

WHAT'S ON YOUR TRAY?

Monday, October 11

Breakfast
Breakfast Pizza
Applesauce

Lunch
Choice of One
Hot Dog / Bun w/wo Chili
Beef Meatballs w/cheese/Bun

Sides
Baked Beans
Crispy Cole Slaw
Mixed Fruit Cup
And Choc. Chip Cookie

Tuesday, October 12

Breakfast
Cereal; Grahams

Lunch
Choice of One
"Royal Crowns" 👑
Chicken Nuggets
Sliced Black Forest Ham

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

Wed., October 13

Breakfast
Sausage Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
Cold Cuts w/ cheese / Bun

Sides
Tossed Salad w/dressing
Hot Vegetable
Fresh or Canned Fruit
Crackers

Thursday, October 14

Breakfast
Bacon/Cheese Toaster

Lunch
Choice of One
Beef Chili with Baked Tostitos Scoops
Turkey & Cheese / Bun

Sides
Golden Corn
'All Fresh' Fruit Cup

Friday, October 15

Breakfast
Yogurt; Blueberry Muffin

Lunch
Choice of One
Juicy Turkey Burger/ Bun
Crispy Chicken Fillet / Bun

Sides
Lettuce & Tomato
Macaroni & Cheese
Fresh Steamed Cabbage
Frozen Fruit Sherbet

Monday, October 18

Breakfast

Breakfast Pizza;
Cupped Fruit of Choice

Lunch

Choice of One

Cheeseburger / Bun
Turkey & Cheese / Bun

Sides

Baked Sweet Potato Half
California Blend Veggies
Frozen Fruit Sherbet

Tuesday, October 19

Breakfast

Cereal; Grahams

Lunch

Choice of One

Chicken Nuggets
Sliced Ham w/ cheese

Sides

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

Wed., October 20

Breakfast

Egg & Cheese Biscuit

Lunch

Choice of One

Assorted Pizza Wedge
Cold Cuts w/ Cheese / Bun

Sides

Fresh Garden Salad w/dressing
Hot Vegetable
Fresh or Canned Fruit
Crackers

Thursday, October 21

Breakfast

Blueberry Pancakes w/syrup

**Tooti Fruiti-Veggie
Weggie Day**

Lunch

**Fresh Made Chicken
Vegetable Soup**

(a yummy way to eat lots
of veggies!)

Toasted Cheese Sandwich
Fresh Banana
And a Dessert Treat
Look for the Tray Surprise!

Friday, October 22

Breakfast

Yogurt; Belly Bear Grahams

Lunch

Choice of One

Crispy Corn Dog
Fish Fillet w/cheese / Bun

Sides

Fresh Cucumber Slices &
Grape Tomatoes w/ dip
Golden Corn
Fruit of Choice

Nutritious News –Oct 21st

“Tooti Fruiti-Veggie Weggie Day”

Be sure to eat lunch on Thursday, 10/21/10. It's Tooti-Fruiti-Veggie Weggie Day once again! Try our “home-made” soup full of fresh vegetables. This delicious lunch also includes a fresh banana and a nutritious dessert treat.



Join the Fun

Try new Foods

Get Rewards!



Join students, teachers, parents, and other folks all over America in celebrating drug-free lifestyles this week! Wear a red ribbon to show your commitment!

RED RIBBON WEEK
October 23-31, 2010

Monday, October 25

Breakfast

Breakfast Pizza; Applesauce

Lunch

Choice of One

Hot Dog/ Bun
w/wo Chili

Beef Meatballs w/cheese/ Bun

Sides

Oven Baked French Fries
Fresh Made Cole Slaw
Fresh or Canned Fruit
“Hugs not Drugs”
Cookies

Tuesday, October 26

Breakfast

Cereal; Grahams

Brunch for Lunch

Scrambled Eggs w/cheese
Crisp Turkey Bacon

Yogurt

Baked Apples
Fresh Baked Biscuit(s)

Wed., October 27

Breakfast

Chicken Biscuit

Lunch

Choice of One

Assorted Wedge Pizza
Cold Cuts w/ cheese / Bun

Sides

Tossed Salad w/dressing
Hot Vegetable
Fresh or Canned Fruit
Crackers

Thursday, October 28

Breakfast

NEW! Egg & Cheese
Breakfast Wrap

Lunch

Choice of One

Spaghetti w/ Meat Sauce
Turkey & Cheese / Bun

Sides

Broccoli w/ cheese
Seasonal Fresh Fruit
Toasted Garlic Bread(s)

Friday, October 29

Breakfast

Yogurt; Blueberry Muffin
“Happy Halloween”

Lunch

Choice of One

“Bat” Chicken Nuggets
“Broomstick” Corn Dog

Sides

Ghostly Mashed Potatoes
Ghoulish Green Beans
Dinner Roll(s)
“Chocolate Troll”
Cookies

MENU FACTS:

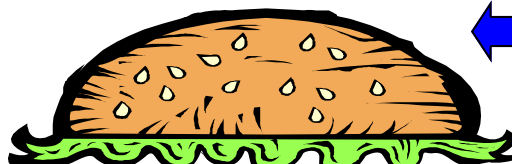
Choice of milk served with all complete meals:
Skim & 1% white and flavored milk



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.

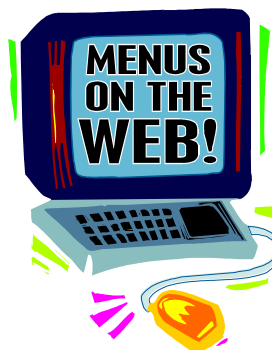
Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.



NUTRITION TO GO

Lots of kids and adults love yogurt – and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat – and yogurt is easier to digest for people who have trouble with milk.

A TASTY MORSEL FOR PARENTS



SURF OVER TO

www.lcsedu.net

Happy Halloween!



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