



# Menus for April 2012

## Lynchburg City Schools Elementary Menu

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## SPORTS HER WAY

Girls' participation in high school sports continues to grow -- and girls begin to form the habits of playing sports and staying fit in elementary school! Girls now make up 41% of all high school athletes, and girls who play high school sports are 40% more likely to graduate from college than girls who don't play a sport. The fastest growing high school sport in the U.S. is girls lacrosse, which showed a 9% jump in the number of participants for 2011.

## Important news about April Fool's Day

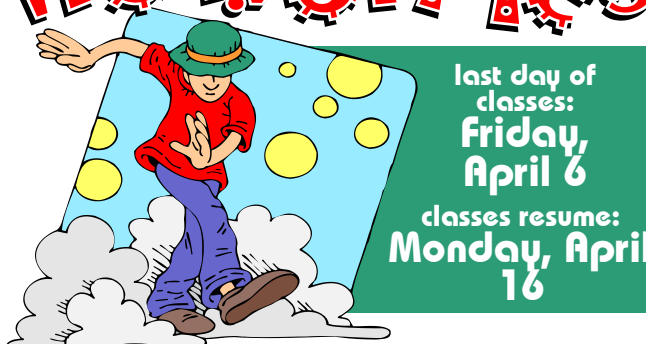
Congress has passed a new law declaring that, from now on, April Fool's Day will be celebrated on the first Monday of April, rather than on April 1. Please plan all jokes accordingly. For more details, please see the back page.



\*WG = Whole Grain

Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6
<b>Breakfast</b> WG Turkey Sausage Bkf. Square Fruit of Choice	<b>Breakfast</b> Cereal; Grahams; Fresh Banana	<b>Breakfast</b> Sausage Biscuit	<b>Breakfast</b> Warm Ham & Cheese Roll Fresh Orange Slices	<b>Breakfast</b> Yogurt; Grahams
<b>Lunch</b> Texas BBQ / WG Bun Or Turkey & Cheese/ WG Bun	<b>Lunch</b> NEW! Unbreaded Honey BBQ Chicken Nuggets Or Sliced Ham	<b>Lunch</b> Assorted Wedge Pizza Or PBJ Uncrustable	<b>Lunch</b> Spaghetti w/ Meat Sauce or Cold Cuts w/ cheese/ WG Bun	<b>Lunch</b> Honey BBQ Rib / WG Bun Or Steak & Cheese / WG Bun
<b>Sides</b> (1/2 of your plate) Fresh Baked Potato Steamed Broccoli w/ cheese Fresh or Canned Fruit	<b>Sides</b> (1/2 of your plate) Whipped Mashed Potatoes Fresh Fzn. Green Beans Fruit Cup w/ fresh fruit Fresh Baked Wheat Rolls	<b>Sides</b> (1/2 of your plate) Tossed Garden Salad w/ fresh veggies; dressing; Crackers Hot Vegetable of Choice Fresh or Canned Fruit	<b>Sides</b> (1/2 of your plate) Mixed Turnip Greens Golden Corn Fresh or Canned Fruit WG Garlic Toast	<b>Sides</b> (1/2 of your plate) Crisp Potato Puffs Fresh Fzn. Green Peas Fresh or Canned Fruit Mini Bag of WG Cookies

## no Worries



## SPRING BREAK

## MISNOMER.

A "misnomer" is an inaccurate or misleading name for something. Take "energy" drinks, for example. They don't really provide energy, but rather stimulation, largely from chemical compounds like caffeine. That's why the American Academy of Pediatrics believes that children and teens should never drink them.



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

### MENU FACTS:

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

**Monday, April 16**

**Breakfast**  
WG Turkey Sausage Bkf. Bagel  
Fruit of Choice

**Lunch**  
Hot Dog / WG Bun  
With/without Chili  
Or Manager's choice

**Sides** (1/2 of your plate)  
Savory Potato Wedges  
Colorful Mixed Vegetables  
Fresh or Canned Fruit

**Tuesday, April 17**

**Breakfast**  
Cereal; Grahams;  
Fresh Banana

**Lunch**  
Popcorn Chicken  
Or Sliced Turkey w/ cheese

**Sides** (1/2 of your plate)  
Fresh Sweet Potato  
Fresh Fzn. Green Peas  
Fresh or Canned Fruit  
Fresh Baked Wheat Rolls

**Wednesday, April 18**

**Breakfast**  
Chicken Biscuit

**Lunch**  
Assorted Pizza Wedge  
Or PBJ Uncrustable

**Sides** (1/2 of your plate)  
Spinach & Strawberry Salad  
w/ fresh dressing; Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

**Thursday, April 19**

**Breakfast**  
Blueberry Pancakes w/ syrup  
Fresh Seasonal Fruit

**Lunch**  
Turkey Taco on soft shell  
w/ shr. Cheese/let/tom  
Or Ham & Cheese Roll-up

**Sides** (1/2 of your plate)  
Golden Corn  
Cucumber Wheels w/ dip  
Pineapple Fruit Salad

**Friday, April 20**

**Breakfast**  
Yogurt; Grahams

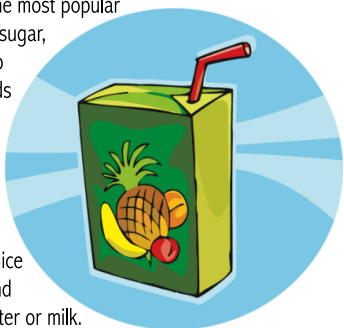
Early Dismissal Day  
Elem: 12:10

**"Grab & Go" Lunch**  
Crisp Corn Dog  
Bag of Baby Carrots  
Bag of Apple Slices  
Bag of Graham Cookies



**Don't get too juiced about your juice!**

Juice boxes invaded America around 1980 and have since become required equipment for kids and parents everywhere. Juice is fine for kids, but many of the most popular juice boxes are mostly sugar, with very little juice. So make sure any juice kids (and adults, for that matter) drink is 100% fruit juice, and limit kids to 6-8 ounces a day. Kids should get most of their orange juice by eating an orange and should mostly drink water or milk.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, April 23**

**Breakfast**  
WG Turkey Sausage Bkf. Square  
Fruit of Choice

**"Earth Day" Lunch**  
"Safari Animal Shaped  
Chicken Nuggets"  
Or Oven Roasted Chicken

**Sides** (1/2 of your plate)  
Creamy Mashed Potatoes  
Steamed Broccoli w/ cheese  
Fresh or Canned Fruit  
Bakery Dinner Rolls

**Tuesday, April 24**

**Breakfast**  
Cereal; Grahams; Fresh Fruit  
*Tootie Fruiti-Veggie Weggie Day*

**Lunch** (More than 1/2 plate!)  
Chef Salad w/ Turkey & Ham  
Spring Mix & Fresh Spinach  
With lots of fresh veggies  
w/ dressing; Crackers  
Fresh Seasonal Fruit  
And Oatmeal Cookie  
Choose salad+fruit; get a fun surprise! 😊

**Wednesday, April 25**

**Breakfast**  
Sausage Biscuit

**Lunch**  
French Bread Pizza Or  
Cold Cuts w/cheese / WG Bun

**Sides** (1/2 of your plate)  
Garden Salad w/ dressing  
Crackers  
Hot Vegetable of Choice  
Fresh or Canned Fruit

**Thursday, April 26**

**Breakfast**  
Yogurt; Blueberry Muffin

**Lunch**  
Chicken Fajita with  
WG Wild Rice  
Or Manager's Choice

**Sides** (1/2 of your plate)  
Fresh Fzn. Green Beans  
Golden Corn on Cob  
Fresh or Canned Fruit  
Mini Bag of WG Cookies

**Friday, April 27**

**Breakfast**  
Cereal; Grahams

**Brunch for Lunch**  
Crisp Bkf. Chicken Bites  
Scrambled Eggs  
Crispy Potato Rounds  
Cinnamon Baked Apples  
Fresh Baked Biscuits

**Monday, April 30**

**Breakfast**  
WG Turkey Sausage Bkf. Bagel  
Fruit of Choice

**Lunch**  
100% Organic Beef  
Cheeseburger/ WG Bun  
Or Texas BBQ / WG Bun

**Sides** (1/2 of your plate)  
Savory Potato Wedges  
Carrot & Celery Sticks w/ dip  
Fresh or Canned Fruit



April 2012 is Global Child Nutrition Month.

Hunger affects children around the globe and here in the U.S. You can help. To learn more visit

[www.gcnf.org](http://www.gcnf.org)

[www.cafeprepay.com](http://www.cafeprepay.com)

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

Questions? Call 522-3700, x160

[www.cafeprepay.com](http://www.cafeprepay.com)

*Easy, Smart, Secure*

*You've been fooled!*



*There's no such law!  
Carry on with all  
jokes on April 1,  
as usual!*