

Menus for April 2013

Lynchburg City Schools Elementary Menu

WG = Whole Grains



MENU NOTES

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 1 item for breakfast and 1 or 2 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 if your child has any dietary concerns.

Classes resume:
Monday, April 8

Monday, April 8

Breakfast
Cereal; Grahams

Lunch
Chicken Fillet/ WG Bun
Or Pork Chop /WG Bun
Baked Sweet Potato Fries
Seasoned Green Beans
Assorted Fruit Choices

Tuesday, April 9

Breakfast
Mini Sweet Potato
Pancakes; Fresh Apple Slices

Lunch
Popcorn Chicken
Or Sliced Ham
Creamy Mashed Potatoes
Capri Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, April 10

Breakfast
Cereal; Grahams

Lunch
Assorted Pizza Wedge
Or PBJ Uncrustable
Fresh Garden Salad w/ Shr.
Carrots & Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, April 11

Breakfast
Yogurt; Blueberry Muffin

Lunch
100% Local Beef
Cheeseburger/ WG Bun
w/ lettuce & tomato
Or Deli Meats w/cheese/
WG Bun
Baked Beans
Celery/Carrot Sticks w/dip
Assorted Fruit Choices

Friday, April 12

Breakfast
Canadian Turkey Bacon &
Cheese on Bakery Roll

Lunch
Whole Grain Fish Sticks
Or Ham & Cheese
Sandwich
Macaroni & Cheese
Steamed Broccoli
Fresh Cucumbers w/dip
Assorted Fruit Choices

SECRET SALT SOURCES.

75% of the salt we consume comes from restaurants and processed foods. And it's not always easy to tell how much salt you're getting. That's why we're committed to meeting new standards for limiting sodium until we reach a maximum of 740 mg sodium per meal on average.



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

VEGETABLE

Carrots

Carrots are a great source of vitamin A, beta carotene, and fiber. And they're a great snack without ANY sodium or fat! Just go very light on the ranch dressing!

OF THE MONTH

Monday, April 15

Breakfast
Turkey Sausage WG
Breakfast Square
Fruit of Choice

Lunch
Hot Dog / WG Bun
With/without Chili Or
Meatballs w/ Cheese on
Whole grain HD Bun
Oven Baked French Fries
Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, April 16

Breakfast
Pork Chop Biscuit

Lunch
Sweet BBQ Chicken
Nuggets
Or Sliced Ham
Fresh Baked Sweet Potato
Mixed Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, April 17

Breakfast
Cereal; Grahams

Lunch
Assorted Pizza Wedge
Or Deli Sandwich
Fresh Romaine Green
Salad
Black-Eyed Peas & Corn
Assorted Fruit Choices

Thursday, April 18

Breakfast
Pancakes with
Turkey Link Sausage

Lunch
Fresh Made
Turkey Vegetable Soup
Toasted Cheese Sandwich
Fresh Carrots w/ dip
Assorted Fruit Choices

Friday, April 19

Breakfast
Yogurt; Blueberry Muffin

Lunch
Texas BBQ / WG Bun
Turkey & Cheese/ WG Bun
Corn on the Cob
Cheesy Pinto Beans
Assorted Fruit Choices
Chocolate Chip Cookie



Monday, April 22

Breakfast
Cereal; Grahams

Lunch

Pork Chop /WG Bun Or
Manager's Choice Entree
Baked Sweet Potato Fries
Seasoned Green Beans
Assorted Fruit Choices

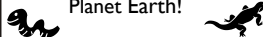
Tuesday, April 23

Breakfast
Chicken Biscuit

Lunch

Celebrate Earth Day
with Whole Grain Reptile
Chicken Fingers
Or Sliced Turkey
Creamy Mashed Potatoes
Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll

Win a Stuffed Reptile
Coolest Shapes on
Planet Earth!



Wednesday, April 24

Breakfast
Cereal; Grahams
Fresh Banana

Lunch

Assorted Pizza Wedge
Or PBJ Uncrustable w/
Fresh Garden Salad w/ Shr.
Carrots & Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, April 25

Breakfast
Blueberry Pancakes
Turkey Sausage Link

Lunch

Fresh Made Chicken Salad/
WG Croissant
Or Ham & Cheese
on WG Croissant
Fresh Baked Potato
Broccoli w/ cheese
Assorted Fruit Choices

Friday, April 26

Breakfast
Fresh Baked
Oatmeal Breakfast Bar
Fruit of choice

Lunch

Whole Grain Fish Sticks
Or Turkey & Cheese
Sandwich
Pinto Beans w/ cheese
Fresh Cucumbers w/dip
Assorted Fruit Choices



Monday, April 29

Breakfast
Turkey Sausage WG
Breakfast Square
Fruit of Choice

Lunch

Texas BBQ / WG Bun
Chicken Fillet / WG Bun
Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices
Chocolate Chip Cookie

Tuesday, April 30

Breakfast
Mini Sweet Potato
Pancakes; Fresh Apple Slices

Lunch

Popcorn Chicken
Or Sliced Ham
Creamy Mashed Potatoes
Orange Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, May 1

Breakfast
Cereal; Grahams
Fresh Banana

Lunch

Assorted Pizza Wedge
Or Deli Sandwich
Fresh Romaine Green
Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, May 2

Breakfast
Pork Chop Biscuit

Brunch for Lunch

Scrambled Eggs w/cheese
Turkey Bacon
Yogurt
Crisp Potato Coins
100% Fruit Juice
WG Toast

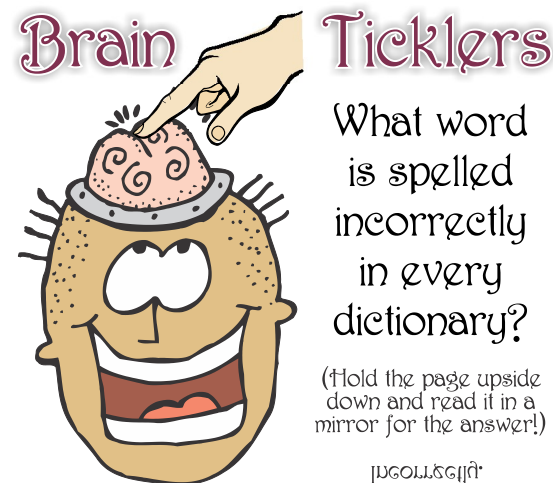


Friday, May 3

Breakfast
String Cheese; Muffin

Lunch

Crisp Turkey Corn Dog
Or Manager's Choice
Golden Corn
Fresh Veggies w/ dip
Assorted Fruit Choices



Brain Ticklers

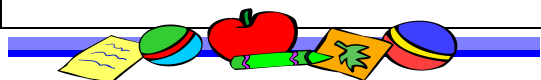
What word
is spelled
incorrectly
in every
dictionary?

(Fold the page upside
down and read it in a
mirror for the answer!)

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Parents—The end of the School Year is fast approaching,

- Please remember to clear any charges that may be on your child's account **Now**.
- All account balances are carried forward to the next school year.
- If you have any questions or concerns, please call the School Nutrition Office at 515-5061.



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GET REAL.



Here's a simple rule for eating healthier: keep it real. As often as possible, try to eat fresh fruit, veggies, and other whole foods. Cut back on processed food and other stuff that doesn't exist in nature.

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EMERGENCY SNACK

- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals.
- If no money is received and the parent has not made arrangements for his/her child, School Nutrition will provide a student with a toasted cheese sandwich or cheese crackers, fruit, and a carton of milk. This emergency snack provides the nutrition a student needs to get through the school day.

