

Menus for APRIL 2015

LYNCHBURG CITY
ELEMENTARY
SCHOOLS

USDA is an equal opportunity
provider and employer.



Wednesday, April 1

Breakfast

Sausage Biscuit; Fruit Cup
100% Juice; Milk

Lunch

Cheese Pizza Stix w/
Marinara Sauce Or
PBJ Sandwich
Fresh Garden Salad with
Cherry Tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, April 2

Breakfast

Cereal (Bar); Grahams;
Fruit of Choice
100% Juice; Milk

Lunch

Beef Chili Beans w/ cheese
w/ Baked 'Tostitos' Scoops
Or Meat & Cheese Roll-up
Golden Corn
Glazed Carrots
Assorted Fruit Choices
Milk

Friday, April 3

Breakfast

PBJ Gramwich; (or alternate)
Fruit of Choice;
100% Fruit Juice; Milk

Lunch

Crispy Fish Nuggets
Or Manager's Choice
Pinto Beans
Broccoli w/ cheese
100% Fruit/Veggie Juice
Bakery Dinner Roll
Elf Graham Cookies
Milk

Enjoy your Spring Break!

STATE OF MIND.

Physical activity isn't just good for your body.
Regular exercise has been shown to help guard
the mind against depression, too.



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



Monday, April 13

Breakfast

Cereal (bar); Grahams;
Fruit; 100% Juice; Milk

Lunch

Texas BBQ/ WG Bun Or
Chicken Fillet/ WG Bun
Fresh Baked Potato Half
Garden Salad with
Cherry Tomatoes/ Carrots
Assorted Fruit Choices
Milk

Tuesday, April 14

Breakfast

Flapstick; Fruit;
100% Fruit Juice; Milk

Lunch

Chicken Nuggets Or
Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wednesday, April 15

Breakfast

Sausage Biscuit; Fruit;
100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge
Or PBJ Sandwich
Fresh Romaine Salad
w/ cherry tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, April 16

Breakfast

WG Pizza Breakfast
Square; Fruit;
100% Fruit Juice; Milk

Lunch

Steak & Cheese/ WG Bun
Or Honey BBQ Rib/ WG Bun
Home-style Baked Beans
Broccoli w/ cheese
Assorted Fruit Choices
Milk
Chocolate Chip Cookie

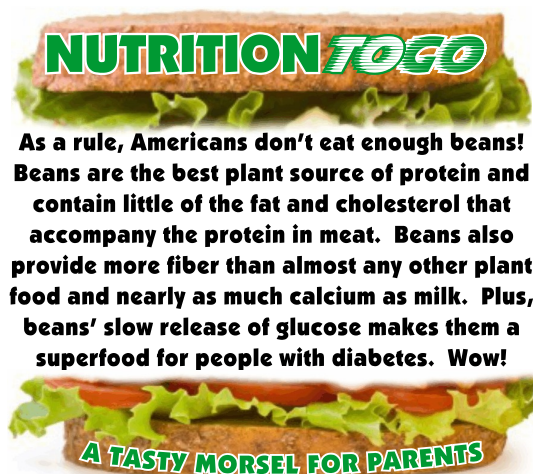
Friday, April 17

Breakfast

French Toast Sticks; Fruit
100% Juice; Milk

Lunch

Crispy Corn Dog or
Ham & Cheese/ WG Bun
Creamy Sweet Potatoes
Mixed Vegetables
100% Fruit/Veggie Juice
Milk

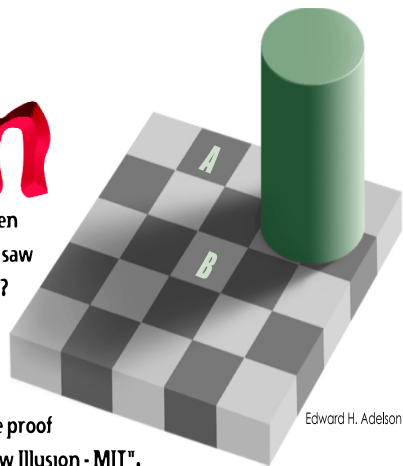


Only an Illusion

Remember a few weeks ago when the argument between people who saw the black and blue dress and those who saw the gold and white dress almost shut down the internet?

Here's another one for you: the "Adelson Checkerboard Illusion." Do you think the two squares labeled A and B are different shades of gray? Guess what?

They're the same color! If you're interested, you can see proof and learn more by searching on line for "Checkershadow Illusion - MIT".

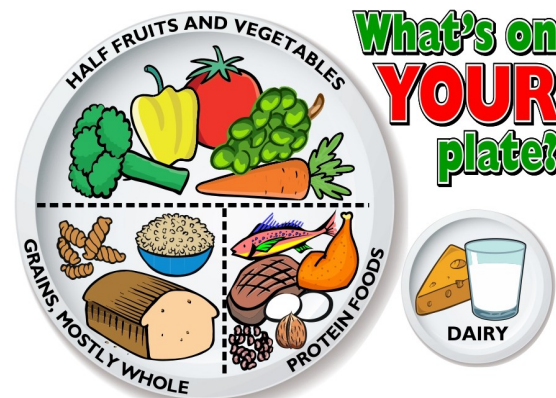


Edward H. Adelson

No Fees! www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. We offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

Easy, Smart, Secure



WHAT AM I? I have a head but cannot think.
I have eyes but cannot see.
I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, April 20

Breakfast

Flapstick; Fruit;
100% Juice; Milk

Lunch

Hot Dog/ WG Bun
w/wo Chili Or
Meatball w/cheese/ WG Bun
Home-style Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices
Milk

Tuesday, April 21

Breakfast

Cereal (bar); Goldfish;
Fruit; 100% Juice; Milk

Lunch

Popcorn Chicken Or
Manager's Choice Entree
Mashed Potatoes
Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

Wednesday, April 22

Breakfast

Pillsbury Pancakes; Fruit;
100% Fruit Juice; Milk

Lunch

Cheesy Pizza Sticks
w/ Marinara Sauce
Or PBJ Sandwich
Fresh Garden Salad
w/ cherry tomatoes
Sweet Potato Puffs
Assorted Fruit Choices
Milk

Thursday, April 23

Breakfast

WG Pizza Breakfast
Square; Fruit;
100% Fruit Juice; Milk

Lunch

Spaghetti w/ Meat Sauce
Or Deli Meat & Cheese
Sandwich
Turnip Greens
Golden Corn
Assorted Fruit Choices
Garlic Toast
Milk
Chocolate Chip Cookie

Friday, April 24

Breakfast

PBJ Gramwich; Fruit;
Fruit; 100% Juice; Milk

Birthday Lunch

Mini Corn Dogs or
Ham & Cheese/ WG Bun
Crisp Potato Wedges
Manager's Choice Veggie
"Happy Birthday"
Frozen Juice Cup
Milk



Monday, April 27

Breakfast

Cereal (bar); Grahams;
100% Juice; Milk

Lunch

Texas BBQ/ WG Bun Or
Chicken Fillet/ WG Bun
Baked Potato Half
Fresh Baby Carrots w/ dip
Assorted Fruit Choices
Milk

Tuesday, April 28

Breakfast

Yogurt; Muffin; Fruit;
100% Fruit Juice; Milk

Brunch for Lunch

Cheesy Scrambled Eggs
w/ Sausage Link Or
Egg & Cheese Quesadillas
Crisp Potato Coins
Baked Apples
"Buttered" Toast
Milk



Wednesday, April 29

Breakfast

Egg & Cheese Biscuit;
Fruit; 100% Fruit Juice; Milk

Lunch

Assorted Pizza Wedge
Or PBJ Sandwich
Fresh Romaine Salad
w/ cherry tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, April 30

Breakfast

WG Pizza Breakfast
Square; Fruit;
100% Fruit Juice; Milk

Lunch

Steak & Cheese/ WG Bun
Or Honey BBQ Rib/ WG Bun
Home-style Baked Beans
Broccoli w/ cheese
Assorted Fruit Choices
Milk
Chocolate Chip Cookie

Friday, May 1

Breakfast

Pillsbury Mini Bagels; Fruit
100% Juice; Milk

Lunch

Crisp Fish Nuggets or
Deli Meat & Cheese /WG Bun
Crispy French Fries
Cucumber Wheels w/ dip
100% "Cherry Star" Juice
Milk

Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

"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