

**Lynchburg
City Schools
Bass
Elementary
School
Menus**

This institution is an equal
opportunity provider.
Menus are subject
to change.



SPIN YOUR WHEELS.



Biking may be the only
activity that combines
exercise, fun, AND
transportation! Just
remember to always
wear bright clothes,
close-toed shoes, and
a helmet – and follow
the rules of the road!

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

 **Breakfast Menus**

April 4-8 & April 18-22
Monday: Cereal & Grahams
Tues: Breakfast Chicken Slider
Wednesday: Cereal & Grahams
Thurs: Pillsbury WG Mini Cinnis
Friday: WG Muffin & Dannon Yogurt

April 11-15 & April 25-29
Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Grahams
Wed: WG Muffin & Dannon Yogurt
Thursday: Cereal & Grahams
Friday: WG Flap Stick

Breakfast includes:
Fruit Juice
1 Serving of Fruit
8 oz of Milk



Monday, April 4

Tuesday, April 5

Wednesday, April 6

Thursday, April 7

Friday, April 8

INTERSESSION APRIL 4—8

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Succotash (Limas & Corn)
Creamy Cole Slaw
Chilled Mixed Fruit

Lunch Entrées
(Choose 1)

Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Green Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Lunch Entrées
(Choose 1)

Max Sticks w/Pizza Dipping Sauce
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Campbell's Tomato Soup
Romaine Garden Salad
Fresh Apple Slices

Lunch Entrées
(Choose 1)

Chicken Tenders
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli Florets
Seasoned Pinto Beans
Applesauce

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Green Beans
Savory Potato Wedges
Chilled Pineapple Tidbits

Monday, April 11

Tuesday, April 12

Wednesday, April 13

Thursday, April 14

Friday, April 15

Lunch Entrées
(Choose 1)

Chicken Nuggets
Texas Style Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Crispy Tater Rounds
V-Blend Juice
Cinnamon Baked Apples

Lunch Entrées
(Choose 1)

Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Golden Sweet Corn
Shoe String Oven Fries
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Lunch Entrées
(Choose 1)

School Made Mac & Cheese
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Vegetable Soup
Romaine Garden Salad
Chilled Diced Pears

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Turkey & Cheese Deli Wrap
w/Pretzels
Jamwich PB&J Combo Meal

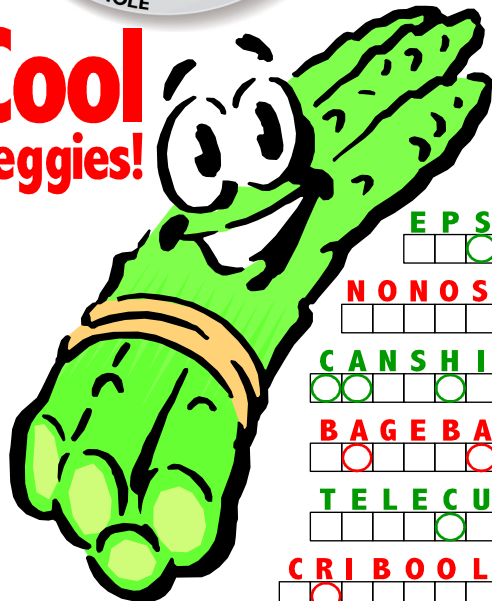
Lunch Sides
(All Included)

Steamed Broccoli
Baby Carrots
Fresh Apple Slices



What's on
YOUR
plate?

**Cool
Veggies!**



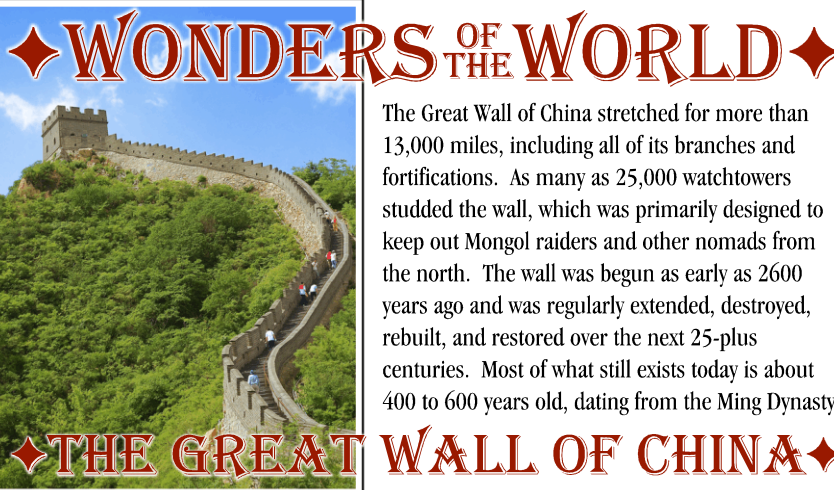
E P S A
NONOS I
CANSHIP
BAGEBAC
TELE CUT
CRIBOOLC

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

**CIRCLED
LETTERS:**

ANSWER

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



◆ **WONDERS OF THE WORLD** ◆

The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studded the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

◆ **THE GREAT WALL OF CHINA** ◆



EARTH DAY 🌍 **APRIL 22**

Monday, April 18

Lunch Entrées
(Choose 1)

Corn Dog Nuggets
Cheeseburger on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Succotash (Limas & Corn)
Creamy Cole Slaw
Lettuce & Sliced Tomato
Chilled Mixed Fruit

Tuesday, April 19

Lunch Entrées
(Choose 1)

Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Green Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Wednesday, April 20

Lunch Entrées
(Choose 1)

Max Sticks w/Pizza Dipping Sauce
Hot Italian Flatbread Sandwich
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Campbell's Tomato Soup
Romaine Garden Salad
Fresh Apple Slices

Thursday, April 21

Lunch Entrées
(Choose 1)

Chicken Tenders
Turkey Taco w/Cheddar Cheese
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli Florets
Seasoned Pinto Beans
Shredded Lettuce & Tomato Salsa
Applesauce

Friday, April 22

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Potato Crusted Fish Fillet on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Green Beans
Savory Potato Wedges
Chilled Pineapple Tidbits

Monday, April 25

Lunch Entrées
(Choose 1)

Chicken Nuggets
Texas Style Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges

Tuesday, April 26

Lunch Entrées
(Choose 1)

Breakfast for Lunch
Hot Ham & Cheese on WG Bagel
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Crispy Tater Rounds
V-Blend Juice
Cinnamon Baked Apples

Wednesday, April 27

Lunch Entrées
(Choose 1)

Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Golden Sweet Corn
Shoe String Oven Fries
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Thursday, April 28

Lunch Entrées
(Choose 1)

School Made Mac & Cheese
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Vegetable Soup
Romaine Garden Salad
Chilled Diced Peas

Friday, April 29

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Turkey & Cheese Deli Wrap
w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli
Baby Carrots
Fresh Apple Slices