

Menus for April 2019

**LYNCHBURG CITY SCHOOLS
LAUREL REGIONAL SCHOOL**

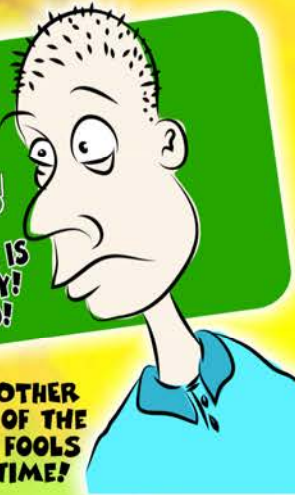
This institution is an equal opportunity provider.
Menus are subject to change.



**PLEASE
STAY
ALERT!**

**THE FIRST OF APRIL IS
APRIL FOOLS DAY!
DON'T BE FOOLED!**

**PLEASE SEE THE OTHER
PAGE FOR A LIST OF THE
GREATEST APRIL FOOLS
TRICKS OF ALL TIME!**



YOU'RE GETTING WARM.



One of the best ways to avoid getting hurt – playing a sport, in gym class, and even on the playground – is to stretch out a little first and start off slowly before you go all out.



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

Available Daily

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad
served w/ Assorted Breads

Grilled Chicken Fillet on WG Bun

Fruit Yogurt, String Cheese & Muffin
(Wednesdays)

Monday, April 1

Lunch Entrée

Baked Chicken w/Biscuit

Lunch Sides

(All Included)

Green Beans
Roasted Red Skin Potatoes
Chilled Sliced Peaches

1% or Fat Free Milk

Tuesday, April 2

Lunch Entrée

Pizza Dippers w/Marinara Sauce

Lunch Sides

(All Included)

Campbell's Tomato Soup
Romaine Garden Salad
Applesauce

1% or Fat Free Milk

Wednesday, April 3

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Fiesta Black Beans
V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Thursday, April 4

Lunch Entrée

BBQ Chicken Flatbread Sandwich

Lunch Sides

(All Included)

Mashed Potatoes w/Gravy
Romaine Garden Salad
Chilled Diced Peaches

1% or Fat Free Milk

Friday, April 5

Lunch Entrée

Cheese Pizza Crunchers

Lunch Sides

(All Included)

Southern Style Baked Beans
Crispy Tater Coins
Chilled Mixed Fruit

1% or Fat Free Milk

Monday, April 8

Lunch Entrée

Mac & Cheese w/Corn Muffin

Lunch Sides

(All Included)

Cooked Carrots
Romaine Garden Salad
Applesauce

1% or Fat Free Milk

Tuesday, April 9

Lunch Entrée

All Beef Hot Dog

Lunch Sides

(All Included)

Texas Ranchero Pinto Beans
Seasoned Potato Wedges
Chilled Mixed Fruit

1% or Fat Free Milk

Wednesday, April 10

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes
"Sunset Sip" V-blend Juice
Fresh Whole Banana

1% or Fat Free Milk

Thursday, April 11

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans
Romaine Garden Salad
Chilled Sliced Peaches

1% or Fat Free Milk

Friday, April 12

Lunch Entrées

(Choose 1)

Pizza Slice Cheese or Pepperoni
Fun Fish Nuggets offered w/Corn Muffin

Lunch Sides

(All Included)

Fresh Veggie Cup
Seasoned Potato Wedges
Southern Style Baked Beans
Sweet Strawberry Cup

WEEKLY BREAKFAST MENU

Monday: Breakfast Chicken Slider

Tuesday: Cereal & String Cheese

Wed: Kellogg's WG Mini Pancakes

Thursday: Cereal & String Cheese

Friday: Yogurt & Vanilla Grahams

Breakfast includes: Milk,
Fruit Juice & 1 Serving of Fruit

SPRING BREAK



Break begins at the end of classes:
Friday, April 12

Classes resume:
Monday, April 22



Q: What's the GOOFIEST thing about a GOOBER?



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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

Monday, April 22

Lunch Entrée
Baked Chicken w/Biscuit

Lunch Sides
(All Included)
Green Beans
Roasted Red Skin Potatoes
Chilled Sliced Peaches
1% or Fat Free Milk

Tuesday, April 23

Lunch Entrée
Pizza Dippers w/Marinara Sauce

Lunch Sides
(All Included)
Campbell's Tomato Soup
Romaine Garden Salad
Applesauce
1% or Fat Free Milk

Wednesday, April 24

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)
Fiesta Black Beans
V-blend Juice
Fresh Whole Banana
1% or Fat Free Milk

Thursday, April 25

Lunch Entrée
BBQ Chicken Flatbread Sandwich

Lunch Sides
(All Included)
Mashed Potatoes w/Gravy
Romaine Garden Salad
Chilled Diced Pears
1% or Fat Free Milk

Friday, April 26

Lunch Entrée
Cheese Pizza Crunchers

Lunch Sides
(All Included)
Southern Style Baked Beans
Crispy Tater Coins
Chilled Mixed Fruit
1% or Fat Free Milk

Monday, April 29

Lunch Entrée
Mac & Cheese w/Corn Muffin

Lunch Sides
(All Included)
Cooked Carrots
Romaine Garden Salad
Applesauce
1% or Fat Free Milk

Tuesday, April 30

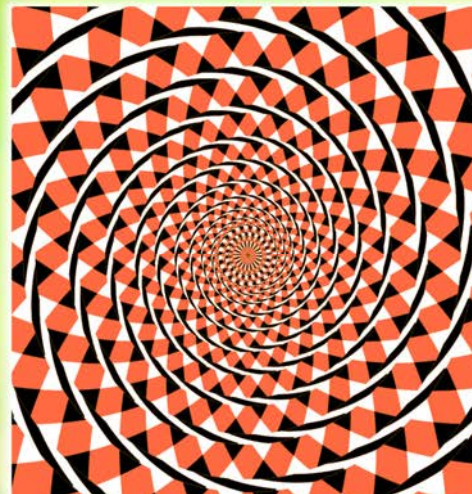
Lunch Entrée
All Beef Hot Dog

Lunch Sides
(All Included)
Texas Ranchero Pinto Beans
Seasoned Potato Wedges
Chilled Mixed Fruit
1% or Fat Free Milk

NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the labels on foods, like your favorite breakfast cereal -- some cereals provide ten or more grams of fiber per bowl, but shoot for at least three.

A QUICK BITE FOR PARENTS



Only an Illusion

This image might look like a spiral, but it's not -- it's a series of circles. The background makes it APPEAR to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward -- you'll just go around in a circle.