

# Menus for August 2012


## LYNCHBURG CITY SCHOOLS ELEMENTARY MENU



## Welcome



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

100% Fruit Juice 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.

Our Menus are FULL of fresh fruit & vegetable choices. We provide 5 sub groups of vegetables each week: 'Dark Green', 'Starch', 'Legumes', 'Red-Orange', & 'Other' along with Whole Grains.

Menus are subject to change without notice



# DON'T 4GET!

Take at least ONE

# FRUIT or VEGGIE

and at least THREE  
items total so your meal  
counts as a complete lunch!

**LYNCHBURG CITY SCHOOLS  
FOOD & NUTRITION SERVICES**

**Monday, August 20**

### Breakfast

Cereal & Grahams  
1/2 Fresh Banana

### Lunch

Chicken Fillet / WG Bun  
Or Texas BBQ / WG Bun  
Golden Corn  
Fresh Baby Carrots  
with Ranch Dip  
Assorted Fruit Choices

**Tuesday, August 21**

### Breakfast

WG Breakfast Sausage  
Square; Applesauce  
Cup

### Lunch

Chicken Nuggets Or  
Sliced Ham  
Creamy Mashed Potatoes  
Fresh Fzn. Green Beans  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

**Wednesday, August 22**

### Breakfast

Steak Biscuit

### Lunch

Assorted Pizza  
Or PBJ Uncrustable  
Romaine Salad Mix\* with  
Fresh Carrots and  
Cherry Tomatoes  
Assorted Fruit Choices

\*Organic produce when possible from our urban farm, "Lynchburg Grows".

**Thursday, August 23**

### Breakfast

Flapstick; Fresh Fruit

### Lunch

\*Fish Sticks Or  
Meatballs w/ Sauce  
Crisp Sweet Potato Fries  
Garden Side Salad  
Assorted Fruit Choices  
Fresh Baked WG Cookie

\*Whole Muscle Pollock Fish Sticks with WG Breeding. An extra healthy choice!

**Friday, August 24**

### Breakfast

Yogurt; Fresh Orange  
"Smiles" (fresh orange wedges)

### Lunch

Local 100% Fresh Beef\*  
Cheeseburger/ WG Bun Or  
Steak & Cheese/ WG Bun  
Home-style Baked Beans  
Broccoli with Cheese  
Assorted Fruit Choices

\*Locally raised beef with NO hormones. Eat Healthy & support our local economy

# We're still a bargain!

## **Breakfast**

## **Lunch**

**\$0.95 \$1.05 \$1.75 \$1.95**  
**Elementary Secondary Elementary Secondary**

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
434-515-5064, [sprinkleml@lcsedu.net](mailto:sprinkleml@lcsedu.net)

**Monday, August 27**

### Breakfast

Turkey Sausage &  
Cheese Bagel

### Lunch

Turkey Hot Dog w/wo  
chili/ WG Bun Or  
Turkey & Cheese/ WG Bun  
Cheesy Pintos  
Crunchy Cole Slaw  
Assorted Fruit Choices

**Tuesday, August 28**

### Breakfast

Cereal & Grahams  
1/2 Fresh Banana

### Lunch

Oven Fried Chicken Or  
Sliced Ham  
Creamy Mashed Potatoes  
Glazed Fresh Carrots  
Wheat Roll  
Assorted Fruit Choices

**Wednesday, August 29**

### Breakfast

Chicken Biscuit

### Lunch

Assorted Pizza  
Or PBJ Uncrustable  
Mixed Garden Salad w/  
Fresh Cherry Tomatoes  
Assorted Fruit Choices

**Thursday, August 30**

### Breakfast

Cereal & Grahams

### Lunch

Fresh Made Chicken Salad  
On Sliced WG Bread Or  
Deli Sandwich w/cheese  
Fresh Baked Sweet Potato  
Steamed Broccoli  
Assorted Fruit Choices

**Friday, August 31**

### Breakfast

Turkey Bacon Cheese  
Toast; Fruit of Choice

### Lunch

Turkey Corn Dog Nuggets  
Or Chicken BBQ Nuggets  
Crisp Potato Wedges  
Seasoned Green Beans  
Assorted Fruit Choices

## Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$8.10. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- **If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of cheese crackers, fruit and a carton of milk.**
- 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 **PLUS** any charges.
- We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager. SEE BELOW:

|                          |                |          |
|--------------------------|----------------|----------|
| BASS ELEM.               | TINA LANE      | 522-3796 |
| BEDFORD HILLS            | TBD            | 384-1795 |
| DEARINGTON (Interim)     | JESSICA BRYANT | 522-2324 |
| HERITAGE ELEM. (Interim) | CATHY SHOCKLEY | 582-1138 |
| LINKHORNE ELEM           | TAMMY WILSON   | 384-2151 |
| T. C. MILLER             | KIM SCOTT      | 522-2325 |
| PAUL MUNRO               | MAXINE CLARK   | 384-7582 |
| R. S. PAYNE              | CHRISTY NELSON | 522-3799 |
| PERRYMONT                | BETH IVEY      | 582-1151 |
| SANDUSKY ELEM.           | TERESA RILEY   | 582-1173 |
| SHEFFIELD ELEM.          | PEARL SMITH    | 582-1127 |

**MEAL APPLICATIONS:** You are required to complete a new meal application **each school year** for your children to receive free or reduced price meals. Only **ONE** application per family is required. Each student within a family and the school he attends must be listed on the application. **Every application must have an adult signature to be processed!** Please make sure your application is completed and turned in to your school cafeteria cashier or to the School Nutrition Office in the School Administration Building as soon as possible. Your children may use their previous year's approval for the first month. Don't delay – get your child's meal application in **Today!**

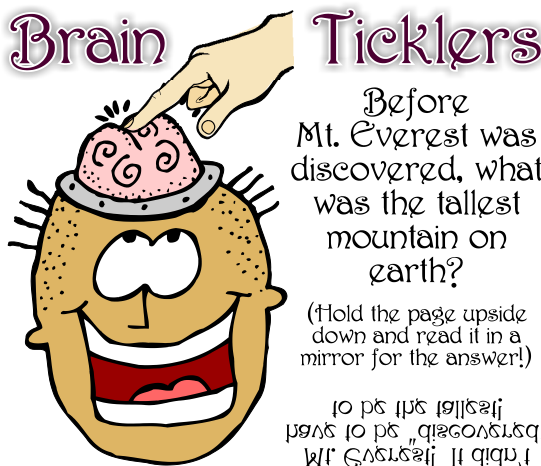
**School Meals**  
We serve education every day™

[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.

*Easy, Smart, Secure*

Questions? Call 434-515-5062



# We're reinforcing our commitment to good nutrition for your kids.

Beginning this school year, we're putting in place some new USDA guidelines for even healthier meals for your kids.

We'll be using the message pictured here to remind kids of the basic change they need to be aware of – **that they now must choose at least one fruit or vegetable among the three meal components they need to take for a complete lunch** -- but there's more to the changes that we want to share with parents. Here are the major differences:

- \* Previously, students didn't have to take a fruit or vegetable at all, as long as they took enough other items. Now, they must **choose at least one fruit or veggie serving**, and we encourage them to choose more if they like.
- \* Students will have a **greater selection and variety of fruits and veggies** to choose from, too. Instead of  $\frac{1}{2}$ - $\frac{3}{4}$  cup combined of fruits and veggies per day, now we'll be offering  $\frac{3}{4}$ -1 cup of veggies **PLUS**  $\frac{1}{2}$ -1 cup of fruit per day.
- \* We'll be **emphasizing the healthiest veggies** more often, with weekly offerings of healthy dark green and red/orange vegetables, as well as beans and other legumes.
- \* **Whole grains are up.** Beginning this year, at least 50% of all grain foods we serve will be whole-grain rich, and within two years, all of the grains we serve will be whole-grain rich.
- \* **Bad fats are down.** Meals will average less than 10% calories from saturated fat, and every item will contain zero grams per serving of trans fat.
- \* We'll be serving only **fat-free unflavored, 1% unflavored, and fat-free flavored milks**.
- \* We'll be meeting new standards for **limiting sodium** until we reach a final maximum of 740 mg sodium per meal on average.

These changes will require more work and careful planning on our part, especially as we get used to the new guidelines. And the new menus will no doubt take some getting used to for our customers, too. But the end result will be healthier meals for our kids -- and **well-nourished kids do better in school!**

Please visit [www.traytalk.org](http://www.traytalk.org) for more details

## LYNCHBURG CITY SCHOOL NUTRITION

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136(Spanish). USDA is an equal opportunity provider and employer."