

Menus for August 2012

**William Marvin
Bass Elementary
School**



Wednesday, August 1

Breakfast
Chicken Biscuit

Lunch
Assorted Wedge Pizza
or
PBJ Uncrustable
Dark Green Tossed
Salad w/cherry
tomatoes
Lima Beans
Fresh or Canned Fruit

Thursday, August 2

Breakfast
Flapstick, 1/2 Banana

Lunch
Honey BBQ Rib / Bun
Or Turkey & Cheese/ Bun
Crispy Sweet Potato Fries
Fresh Fzn Peas & Carrots
Fresh or Canned Fruit

Friday, August 3

Breakfast
Yogurt; Grahams

Lunch
Oven Roasted Chicken
Or Sliced Ham
Fresh Baked Potato
Half
Broccoli w/ cheese
Fresh or Canned Fruit
Bakery Dinner Roll

Monday, August 6

Breakfast
Turkey Sausage &
Cheese Bagel

Lunch
Hot Dog w/wo chili/ Bun
Or
Beef Meatballs / HD Bun
Baked Beans
Fresh Baby Carrots
with Ranch Dip
Fresh or Canned Fruit

Tuesday, August 7

Breakfast
Cereal & Grahams
1/2 Fresh Banana

Lunch
Honey BBQ Chicken
Nuggets Or Sliced Ham
Creamy Mashed Potatoes
Fresh Fzn. Green Beans
Fresh or Canned Fruit
Wheat Roll

Wednesday, August 8

Breakfast
Egg & Cheese Biscuit

Lunch
Assorted Wedge Pizza
Or
PBJ Uncrustable
Spinach Salad with
Fresh Strawberries
Fresh Fzn. Mixed
Vegetables
Fresh or Canned Fruit

Thursday, August 9

Breakfast
Cereal & Grahams

Lunch
WG Fish Sticks / Dinner
Roll Or Turkey &
Cheese / Bun
Crispy Baked French
Fries
Fresh Fzn Carrots &
Peas
Fresh or Canned Fruit

Friday, August 10

Breakfast
Toasted Cheese Sandwich
Applesauce Cup

Lunch
Local 100% Fresh Beef
Cheeseburger / Bun
Or Crispy Pork Chop /
Bun
Fresh Baked Sweet
Potato
Broccoli with Cheese
Fresh or Canned Fruit

MENU FACTS:



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.

Menus are subject to change without notice.

We're still a bargain!

Breakfast

Lunch

\$0.95 \$1.05 \$1.75 \$1.95

Elementary Secondary Elementary Secondary

Monday, August 13

**Professional
Development Day**

Students do not
attend

Tuesday, August 14

Breakfast
Cereal & Grahams
1/2 Fresh Banana

Lunch
Shark Chicken Nuggets
Or Sliced Ham
Creamy Mashed
Potatoes
Fresh Fzn. Green
Beans
Fresh or Canned Fruit
Wheat Roll

Wednesday, August 15

Breakfast
Sausage Biscuit

Lunch
Assorted Wedge Pizza Or
PBJ Uncrustable
Romaine Garden Salad
With shredded Carrots
Black Eyed Peas & Corn
Fresh or Canned Fruit

Thursday, August 16

Breakfast
Flapstick; Fruit of Choice

Lunch
Chicken Fajita w/ Wild
Rice
Meatballs w/ cheese
Pinto Beans
Broccoli w/ cheese
Canned or Fresh Fruit
Chocolate Chip Cookie

Friday, August 17

Breakfast
Yogurt; Grahams

Lunch
Fish Fillet w/cheese /
Bun
Turkey & Cheese / Bun
Sweet Potato French
Fries
Cucumber Slices and
Cherry Tomatoes
Fresh or Canned Fruit

Get in touch with us today to learn more about
free and reduced-price meals in our district:
sprinklemlk@lcsedu.net

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	Thursday, August 23 Breakfast Flapstick; Fresh Fruit Lunch *Fish Sticks Or Meatballs w/ Sauce Crisp <u>Sweet Potato</u> Fries Garden Side Salad Assorted Fruit Choices Fresh Baked WG Cookie	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
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*Organic produce when possible from our urban farm, "Lynchburg Grows".

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

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

PARENTS,
 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.

School Meals
We serve education every day™

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
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