

Welcome
Back!

Menus for
August &
September
2014



MENU FACTS:

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.

WG = Whole Grains

Menus are subject to change without notice.

One item's been
on our menu
since 1946.

Education. That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

LYNCHBURG CITY SCHOOLS ELEMENTARY MENU

Monday, August 25

Breakfast

Flapstick; Fruit Cup

Lunch

Hot Dog/ w/wo Chili Or
Beef Meatballs w/cheese
Both on WG hot dog Bun
Crispy Oven Fries
Baked Beans
Assorted Fruit Choices
Fresh Baked WG
Choc Chip Cookie

Tuesday, August 26

Breakfast

WG Turkey Sausage
Breakfast Square;
Fruit of Choice

Lunch

Teriyaki Chicken
Or Sliced Ham
Brown Rice
Broccoli w/ cheese
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, August 27

Breakfast

Cereal; Grahams;
1/2 Fresh Banana

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
with string cheese
Fresh Garden Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thursday, August 28

Breakfast

Sausage Biscuit;
Fruit of Choice

Summer Birthdays Lunch

Fresh Made
Chicken Salad w/
WG Croissant Or
Ham & Cheese/ WG Bun
Baked Potato
Fresh Fzn. Green Peas
Happy Birthday Ice Juice Cup

Friday, August 29

Breakfast

Yogurt; Grahams;
Raisins/ Fruit of Choice

Lunch

Honey BBQ Rib Or
Deli Meat w/cheese/
Both on WG Bun
California Blend Veggies
Fresh Cucumber Wheels
w/ ranch dip
100% Fruit Juice

Breakfast Lunch

\$1.15 \$2.25

School Meals
We serve education every day™

Now No Fees!

www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. This year we will offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Healthy 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!

mySchoolBucks®

Monday, September 1



No School

Tuesday, September 2

Breakfast

Flapstick; Fruit Cup

Lunch

Chicken Nuggets
Or Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Bakery Wheat Roll

Wed., September 3

Breakfast

Cereal; Grahams;
1/2 Fresh Banana

Lunch

Assorted Pizza Wedge
Or PBJ Jamwich
with string cheese
Fresh Romaine Salad
With Cherry Tomatoes
Hot Vegetable of Choice
Mixed Fresh Fruit Cup

Thursday, September 4

Breakfast

Chicken Biscuit
Fruit of Choice

Lunch

Beef Taco /soft shell
w/ shr cheese & lettuce
Or Deli Meat/Cheese
Roll-up
Pinto Beans w/ cheese
Fresh Baby Carrots w/dip
Assorted Fruit Choices

Friday, September 5

Breakfast

PBJ Sandwich
Fruit of Choice

Lunch

Chicken Fillet/ WG Bun
Or Turkey & Cheese/
WG Bun
Baked Sweet Potato
Fresh Fzn Mixed Veggies
Assorted Fruit Choices
Fresh Baked WG
Sugar Cookie

PARENTS—PLEASE READ THE FOLLOWING INFORMATION

Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their meal.
- **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 a cheese sandwich or cheese crackers, fruit and a carton of white 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.
- You may also contact the School Nutrition Office in the School Administration Building at 515-5061. We are pleased to assist you.

Remember, a Charge Policy is a courtesy
Please use it wisely.

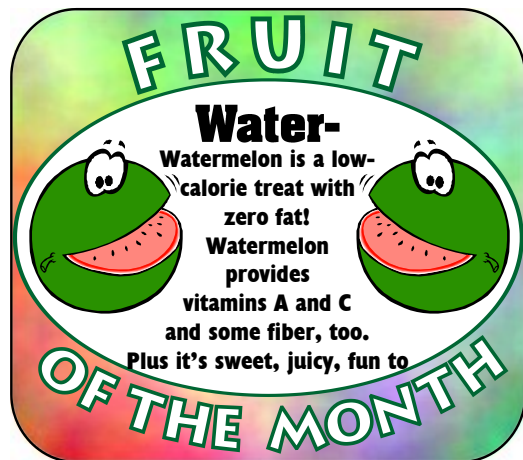


THROW THE SWITCH.



After hours without food,
a good breakfast of fruit,
lowfat dairy, whole grains,
and lean protein gets you
fired up for action again.
And if you skip breakfast
or eat just fat and sugar?
Then your mind and body
will stay in the dark all day.

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



MEAL APPLICATIONS: Unless your children are approved by Direct Certification for SNAP (Food Stamps) or TANF, you are required to complete a new meal application **each school year** in order 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 30 days of the new school year. If you have any questions or need further information, please call the School Nutrition Office at 434-515-5064.

USDA is an equal opportunity provider and employer.

