

Menus for December 2012

Lynchburg City Schools Elementary Menu

MENU NOTES

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

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"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.



Monday, December 3

Breakfast

WG Turkey Sausage Square;
Fruit of Choice

Lunch

Hot Dog / WG Bun
With/without Chili Or
Meatballs w/mozz cheese/
WG Hot Dog Bun
Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices

Tuesday, December 4

Breakfast

Cereal; Grahams

Lunch

Chicken Nuggets Or
Sliced Ham
Mashed Potatoes
Glazed Fresh Baby Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., December 5

Breakfast

Egg Quesadilla

Lunch

Assorted Pizza Or
PBJ Uncrustable
Side Salad w/ grated carrots
& grape tomatoes
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, December 6

Breakfast

Flapstick; Fruit

Lunch

Beef Taco on soft Shell with
Grated cheese, shr. lettuce
Or Deli Meat /Cheese Roll-Up
Corn-on-Cob
Seasoned Green Beans
Assorted Fruit Choices

Friday, December 7

Breakfast

LCS McMuffin
(Canadian Bacon, Egg &
Cheese on English Muffin)

Lunch

Local 100% Beef
Cheeseburger/ WG Bun Or
Crisp Pork Chop/ WG Bun
Oven Baked Potato Wedges
Broccoli w/ cheese
Assorted Fruit Choices

DON'T 4 GET!

Take at least
ONE

FRUIT or VEGGIE

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

this month: hummus

There are some foods that most kids don't like, but most adults do. Why? It's a mystery! Take hummus, for instance. I mean, chickpea paste? For real? But one day, somewhere in the range of 15-20 years old, you'll find yourself somewhere with a big old bowl of hummus and some pita bread or chips or raw veggies, and next thing you know the whole bowl will be GONE -- no matter HOW MUCH HUMMUS was in there to begin with!



CALORIES COUNT.

All sorts of culinary culprits have been blamed for America's obesity epidemic, including fast foods, soda, carbs, and fat. But, bottom line, we simply tend to take in too many calories, in whatever form. That's why this year, for the first time, we have a maximum calorie range for our meals in addition to a minimum range.



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

Best wishes of the Season

From
Meryl Smith

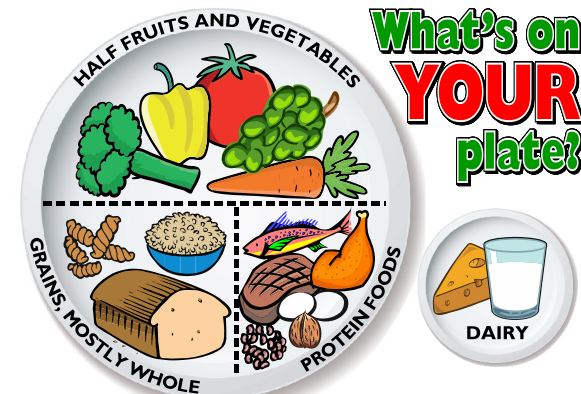
Director of School Nutrition

And the entire LCS

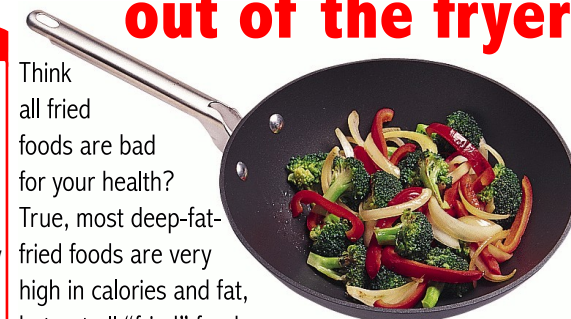
Food & Nutrition Staff



FRIDAY, DEC. 14



**Into the frying pan,
out of the fryer!**



Think all fried foods are bad for your health? True, most deep-fat-fried foods are very high in calories and fat, but not all "fried" foods are created equal. Stir-frying uses only a little bit of healthful oil, like olive oil, and keeps veggies crispy and tasty and sliced lean meat or chicken flavorful and healthy!

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

Monday, December 10

Breakfast
WG Turkey Breakfast Square
Fruit of choice

Lunch
Hot Dog / WG Bun
With/without Chili Or
Turkey & cheese/ WG Bun
Baked Beans
Crisp Cole Slaw w/gr. carrots
Assorted Fruit Choices

Tuesday, December 11

Breakfast
Cereal; Graham's

Celebration Lunch!
Winter Wonderland
Chicken Nuggets Or
Crisp Fish Fillet
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Eat School Lunch—Win Fun Prizes!! Free Give-a-ways!

Wed., December 12

Breakfast
Yogurt; Muffin

Lunch
Fresh-Made Chicken
Vegetable Soup with extra
Baby Carrots
Toasted Cheese Sandwich
Assorted Fruit Choices
Bag of Graham Cookies

Thursday, December 13

Breakfast
Ham Roll

Brunch for Lunch
French Toast Sticks
Scrambled Eggs
Sausage (or chicken) Patty
Crisp Potato Coins
Cinnamon Baked Apples

Friday, December 14

Breakfast
Flapstick; Fruit

HOLIDAY LUNCH
Tender Sliced Turkey & Gravy
Or Sliced Ham
Fresh Baked Sweet Potato
Seasoned Turnip Greens
Fresh Seasonal Fruit
Fresh Baked Wheat Roll
Holiday Dessert

Monday, December 17

Breakfast
WG Turkey Breakfast Square
Fruit of choice

Lunch
Local 100% Cheeseburger/
WG Bun Or
Pork Chop /WG Bun
Cheesy Pintos
Caesar Side Salad
Assorted Fruit Choices

Tuesday, December 18

Breakfast
Cereal; Graham's

Lunch
Oven Roasted Chicken
Manager's Choice for
Second Entrée
Sweet Potato Fries
Dark Green Veggie of Choice
Assorted Fruit Choices

Wed., December 19

Breakfast
Cereal; Graham's

Lunch
Assorted Pizza
Manager's choice for
Second entrée
Hot Vegetable of Choice
Fruit of Choice

Thursday, December 20

Breakfast
School's Choice

**Early Dismissal
Grab & Go Lunch**
PBJ Uncrustable Or
Meat & Cheese Sandwich
Fresh Baby Carrots
Seasonal Fresh Fruit

SAME TIME NEXT YEAR!



Winter Holiday begins
at the end of classes
Thursday, Dec. 20

Classes Resume
Thursday, Jan. 3

We look forward
to serving you in 2013!

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