

# Menus for December 2012

## Lynchburg City Schools Elementary Menu

### BASS ELEMENTARY SCHOOL

### 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	Tuesday, December 4	Wed., December 5	Thursday, December 6	Friday, December 7
<b>Breakfast</b> WG Turkey Sausage Square; Fruit of Choice	<b>Breakfast</b> Cereal; Grahams	<b>Breakfast</b> Egg Quesadilla	<b>Breakfast</b> Flapstick; Fruit	<b>Breakfast</b> LCS McMuffin (Canadian Bacon, Egg & Cheese on English Muffin)
INTERSESSION—December 3—7, 2012				
<b>Lunch</b> Hot Dog / WG Bun With/without Chili Or Baked Beans Assorted Fruit Choices	<b>Lunch</b> Chicken Nuggets Bag of Fresh Baby Carrots Seasoned Green Peas Assorted Fruit Choices Bakery Dinner Roll	<b>Lunch</b> Assorted Pizza Side Salad w/ grape tomatoes Assorted Fruit Choices	<b>Lunch</b> Deli Meat /Cheese Roll-Up Golden Corn Assorted Fruit Choices	<b>Lunch</b> Crisp Pork Chop/ WG Bun Sweet Potato Fries 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**

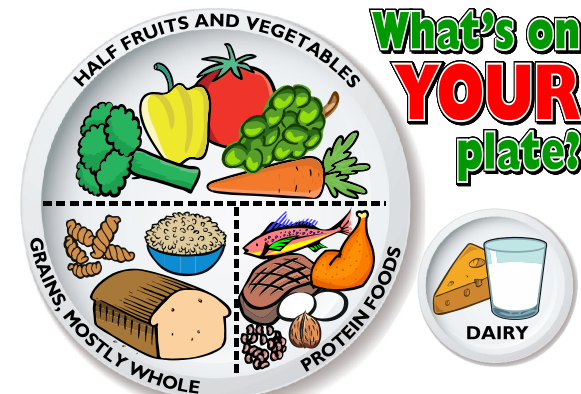
Director of School Nutrition

And the entire LCS

Food & Nutrition Staff

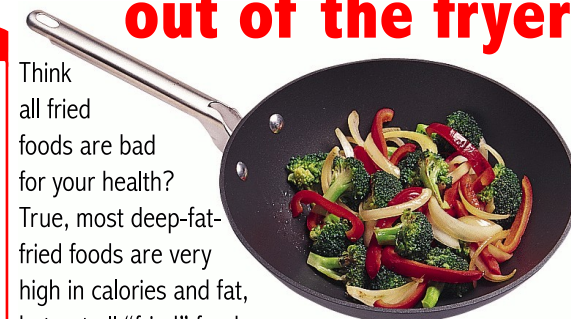


**FRIDAY, DEC. 14**



**What's on  
YOUR  
plate?**

**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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; Grahams



**Celebration Lunch**

Winter Wonderland  
Chicken Nuggets Or  
Crisp Fish Fillet  
Mashed Potatoes  
Green Beans  
Assorted Fruit Choices  
*Eat School Lunch—Win a Prize! 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  
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**

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; Grahams

**Lunch**

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

**Wed., December 19**

**Breakfast**

Cereal; Grahams

**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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