

MENUS FOR DECEMBER 2013



Lynchburg City Schools Elementary Menu

Menu Notes

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

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

"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

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning.

Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

DON'T 4GET!

Take at least **ONE**
FRUIT or VEGGIE
and at least **THREE**
items total so your meal
counts as a complete lunch!

Monday, December 2

Breakfast
Cereal; Grahams

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

Tuesday, December 3

Breakfast
WG Turkey Sausage Square;
Fruit of Choice

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

Wed., December 4

Breakfast
Warm Ham Roll; Fresh
Orange Wedges

Lunch
Hot Dog / WG Bun
With/without Chili Or
Meatballs / WG Bun with
w/Sauce & Cheese
Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices

Thursday, December 5

Breakfast
French Toast; Fruit

Lunch
Beef Taco on soft Shell with
grated cheese, shr. lettuce
Or Turkey & Cheese Roll-Up
Golden Corn
Seasoned Green Beans
Assorted Fruit Choices

Friday, December 6

Breakfast
Yogurt; Muffin

Lunch
Crisp Chicken Patty/WG Bun
Fish Sticks w/ Bakery Roll
Oven Baked Potato Wedges
Broccoli w/ cheese
Assorted Fruit Choices

Monday, December 9

Breakfast
WG Turkey Sausage
Breakfast Square;

Lunch
Turkey Combo w/cheese
On WG Bun Or
Texas BBQ/ WG Bun
Crunchy Cole Slaw
Oven Baked French Fries
Assorted Fruit Choices

Tuesday, December 10

Breakfast
Cereal; Grahams;
Fresh Banana

Lunch
Popcorn Chicken or
Manager's Choice Entree
Mashed Potatoes
Fresh Frozen Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., December 11

Breakfast
Flapstick; Fruit

**December Birthday
Lunch!**
Cheesy Pizza Sticks w/
Marinara Sauce Or
Warm Ham & Cheese /WG Bun
Romaine Salad w/ dressing
Herb Roasted Fresh Carrots &
Red Potatoes
**"Happy Birthday"
Ice Juice Cup**

Thursday, December 12

Breakfast
Egg & Cheese Biscuit

Lunch
Beef Chili w/ Beans with
"Tostitos Baked Scoops" or
Manager's Choice Entree
Fresh Baked Potato
Assorted Fruit Choices



Friday, December 13

Breakfast
Canadian "turkey" Ham
Roll; Fresh Orange Smiles

Lunch
Fish Sticks w/ Bakery Roll
Or Crisp Corn Dog
Golden Corn
Fresh Veggies w/ dip
Fruit/Veggie Juice





TUESDAY, DEC 17

Monday, December 16

Breakfast
Egg Quesadilla; Fruit

Lunch
Turkey & Cheese Sandwich
Or Manager's Choice Entrée
Baked Beans
Broccoli w/ cheese
Assorted Fruit Choices

Tuesday, December 17

Breakfast
Cereal; Grahams

Holiday Lunch
Holiday Chicken Nuggets or
Oven Baked Chicken
Mashed Sweet Potatoes
Seasoned Green Beans
Holiday Fruit Salad
Fresh Baked Wheat Roll
Holiday Cookie

Wed., December 18

Breakfast
French Toast Sticks

Brunch for Lunch
Cheesy Scrambled Eggs with
Turkey Bacon;
Or Chicken Patty
Crisp Potato Coins
Baked Apple Slices
Whole Grain Toast

Thursday, December 19

Breakfast
Cereal; Grahams

Lunch
Manager's Choice Entrées
With whole grain bread
Hot Vegetable of Choice
Assorted Fruit Choices

Friday, December 20

Breakfast
School's Choice

Lunch
Corn Dog or
PBJ Sandwich
Fruit/Veggie Juice
Mini Box of Raisins

See you next year!



Parents, beginning in December, School Nutrition will select a day each month to celebrate birthdays for all students born in that month. Each lunch served that day will include a **"Happy Birthday"** Ice Cup (also available at no charge to those birthday students who pack their lunch.) This product is 100% juice, with no added sugars and no dyes. We believe this will be a healthier option to celebrate birthdays without cake and extra sugary treats in the classroom. We think our students will **LOVE** the Ice Cup and we hope you will join us in our effort to provide ALL students with a fun, healthier way to celebrate birthdays.



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