

# Menus for December 2017

Lynchburg City Schools

## Hutcherson Early Learning Center Lunch Menus

This institution is an equal opportunity provider. Menus are subject to change.

**DON'T 4GET!**

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

*Available Daily for Lunch*

Ham & Cheese Sandwich  
OR

Turkey & Cheese Sandwich

School Lunch includes:

Entrée

Serving of Vegetable & Fruit

8 fl oz Fat Free or 1% Low Fat Milk

Friday, December 1

### Lunch Entrée

Pizza Crunchers

### Lunch Sides

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk

**OUT COLD.**

Not only do kids eat more in the winter, they also tend to exercise less.

Even if it's cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there's plenty of outside activities that can keep you warm, too!

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



Monday, December 4

### Lunch Entrée

Chicken Nuggets

### Lunch Sides

(All Included)

Green Beans

Applesauce

1% or Fat Free White Milk

Tuesday, December 5

### Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

### Lunch Sides

(All Included)

Chicken Vegetable Soup

Sweet Strawberry Cup

1% or Fat Free White Milk

Wednesday, December 6

### Lunch Entrée

Breakfast for Lunch

### Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, December 7

### Lunch Entrée

Spaghetti & Meatballs

### Lunch Sides

(All Included)

Steamed Broccoli

Sliced Peaches

1% or Fat Free White Milk

Friday, December 8

### Lunch Entrée

Turkey & Cheese Sandwich

### Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free White Milk

Monday, December 11

### Lunch Entrée

Toasted Cheese Sandwich

### Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, December 12

### Lunch Entrée

Corn Dog Nuggets

### Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Sliced Peaches

1% or Fat Free White Milk

Wednesday, December 13

### Lunch Entrée

Turkey & Dressing Supreme

### Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, December 14

### Lunch Entrée

Creamy Macaroni & Cheese

### Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

Friday, December 15

**EARLY DISMISSAL**

### Lunch Entrée

Ham & Cheese Sandwich

### Lunch Sides

(All Included)

Crunchy Baby Carrots

Diced Pears

1% or Fat Free White Milk

**See You  
Next Year!**

Last day of school:  
Friday, December 15

Classes Resume  
Tuesday, January 2

