

Menus for February 2012

LYNCHBURG CITY SCHOOLS ELEMENTARY MENU



Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



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

MENU FACTS:

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

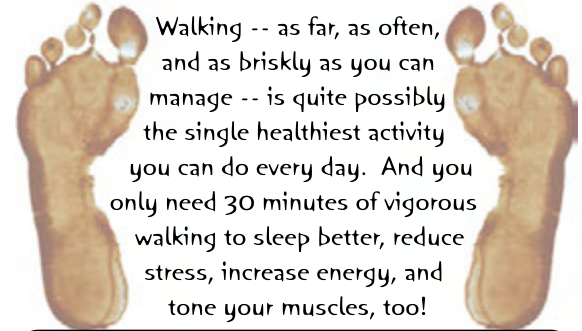
100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"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.

MAKE SOME TRACKS.



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

Wednesday, February 1

Breakfast

Yogurt; Grahams

Lunch

Choice of One

French Bread Pizza

PBJ Uncrustable

Sides

Fresh Garden Salad

w/ dressing; Crackers

Hot Vegetable of Choice

Fresh or Canned Fruit

Thursday, February 2

Breakfast

Turkey Sausage Breakfast

Square; Fresh Fruit

Lunch

Choice of One

Chicken Fajita w/ Rice

Turkey & Cheese / Bun

Sides

Broccoli w/ cheese

Mandarin Oranges

And Bag of Cookies

Friday, February 3

Breakfast

Cheesy Toast w/ Turkey

Bacon; Applesauce Cup

Lunch

Choice of One

Texas BBQ / Bun

Crisp Chicken Fillet/ Bun

Sides

Fresh Baked Potato

Fresh Frozen Green Peas

Fresh or Canned Fruit



Don't Forget
the 2-0-1-2
Challenge!



Be sure to try our new whole muscle Pollock fish sticks with crisp whole grain breading.

So Good and So Good for You!



Monday, February 6

Breakfast

Morning Sausage Roll

Fresh Fruit

Lunch

Choice of One

Honey BBQ Rib / Bun

Deli Meat/ Cheese Sandwich

Sides

Savory Potato Wedges

Fresh Veggies w/ dip

Fresh or Canned Fruit

Tuesday, February 7

Breakfast

Yogurt; Blueberry Muffin

Lunch

Choice of One

Popcorn Chicken

Sliced Ham

Sides

Mashed Potatoes

Green Beans

Fresh or Canned Fruit

Fresh Baked Wheat Rolls

Wednesday, February 8

Breakfast

Cereal; Grahams; Banana

Lunch

Choice of One

Assorted Wedge Pizza

PBJ Uncrustable

Sides

Tossed Garden Salad

w/dressing; Crackers

Hot Vegetable of Choice

Fresh or Canned Fruit

Thursday, February 9

Breakfast

Egg & Cheese Biscuit

Lunch

Choice of One

Beef Taco on Soft Shell

Gr. Cheese, Shr. Lettuce

Turkey & Cheese / Bun

Sides

Golden Corn

Fiesta Rice

Pineapple Tidbits

Friday, February 10

Breakfast

Turkey Sausage Bagel

Lunch

Choice of One

"Pig in a Blanket"

Whole Grain Fish Sticks *

w/ Bakery Dinner Rolls

Sides

Macaroni & Cheese

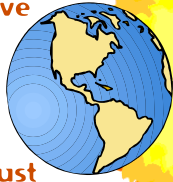
Steamed Broccoli

Fresh or Canned Fruit

And Choc. Chip Cookie

365.2422

That's how many days it takes
the earth to orbit the sun ...
and that's why we have
leap year. We add a
day to the month of
February every four
years to make up for
the .2422 days that just
won't fit in our regular year!



LEAP YEAR 2012

Monday, February 13

Breakfast

Cereal; Grahams

Lunch

Choice of One

Hot Dog / Bun / w/wo chili

Cheesy Beef Meatballs
on HD Bun

Sides

Baked Beans
Fresh Veggies w/ dip
Fresh or Canned Fruit

Tuesday, February 14

Breakfast

Turkey Sausage Bkf Square

Valentine Lunch

Choice of One

Heart Shaped

Chicken Nuggets or Sl. Ham

Sides

Mashed Potatoes
Green Beans/ Fruit
Fresh Baked Wheat Rolls
And Heart Shaped Cookies

Wed., February 15

Breakfast

Cereal; Grahams

Lunch

Fresh Made Turkey
Vegetable Soup
Toasted Cheese Sandwich
Fresh Seasonal Fruit
Oatmeal Raisin Cookie



Thursday, February 16

Breakfast

Blueberry Pancakes
w/ syrup; Fresh Fruit

Lunch

Choice of One
Beef Chili & Beans with
Baked Tostitos Scoops
Deli Meat & Cheese / Bun

Sides : Corn on Cob
Side Salad w/dressing
Fresh or Canned Fruit

Friday, February 17

Breakfast

Chicken Biscuit

Lunch

Choice of One
Pork Chop / Bun
Crisp Chicken Fillet/ Bun

Sides

Savory Potato Wedges
Carrot /Celery Sticks w/ dip
Fresh or Canned Fruit

Monday, February 20

Professional Development Day



Students do not
Attend
(Be Active at Home!)

Tuesday, February 21

Breakfast

Yogurt; Blueberry Muffin

Lunch

Choice of One
Popcorn Chicken
Sliced Ham

Sides

Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Bakery Dinner Rolls

Wed., February 22

Breakfast

Cereal; Grahams; Banana

Lunch

Choice of One
Assorted Wedge Pizza
PBJ Uncrustable

Sides

Fresh Garden Salad
w/ dressing; Crackers
Hot Vegetable of Choice
Fresh or Canned Fruit

Thursday, February 23

Breakfast

Turkey Sausage Bagel

Lunch

Choice of One
Beef Taco on Soft Shell
Gr. Cheese, Shr. Lettuce
Turkey & Cheese / Bun

Sides

Golden Corn
Fiesta Rice
Pineapple Tidbits

Friday, February 24

Breakfast

Steak Biscuit (New)

Lunch

Choice of One
" Pig in a Blanket "
Whole Grain Fish Sticks
w/ Bakery Dinner Rolls

Sides

Fresh Baked Potato
Broccoli w/ cheese
Fresh or Canned Fruit



Challenge!

Keep on Track with the 2-0-1-2 Challenge!

2-At least 2 Fruits or Veggies each day.

0-Sugar sweetened Beverages.

1-At least 1 hour of Exercise each day.

2-No more than 2 hours total Screen Time each day.

Monday, February 27

Breakfast

Morning Sausage Roll
With syrup; Fresh Fruit

Lunch

Choice of One
Beef BBQ Rib / Bun (New)
Deli Meat & Cheese Sandwich

Sides

Savory Potato Wedges
Fresh Veggies w/ dip
Fruit and Choc Chip Cookie

Tuesday, February 28

Breakfast

Yogurt; Blueberry Muffin

Brunch for Lunch

Scrambled Eggs
Sausage /chicken Patty
Crisp Potato Coins
Baked Apples
Fresh Baked Biscuits

Wed., February 29

Breakfast

Cereal; Grahams

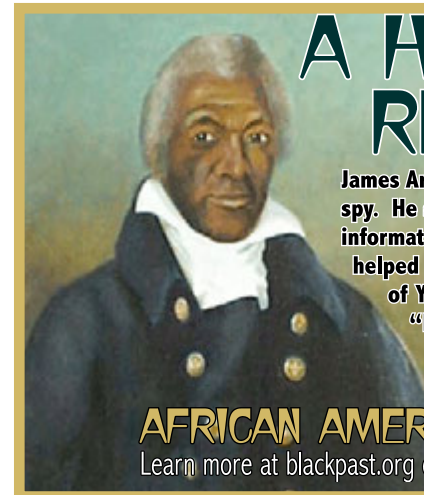
Lunch

Choice of One
French Bread Pizza
PBJ Uncrustable

Sides

Fresh Garden Salad
w/ dressing; Crackers
Hot Vegetable of Choice
Fresh or Canned Fruit

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A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for James Armistead Lafayette