

Menus for February 2013

**LYNCHBURG CITY
SCHOOLS
ELEMENTARY
MENU**



Friday, February 1

Breakfast

Cereal; Grahams

Super Bowl Lunch

Beef Chili Beans w/ cheese
& Baked Tostitos "Scoops"
Or Crisp Fish Sticks
Fresh Garden Side Salad
Golden Corn
Assorted Fruit Choices
"Touchdown" Cookie



Monday, February 4

Breakfast

Turkey Sausage WG
Breakfast Square

Lunch

Chicken Fillet/ WG Bun
Or Texas BBQ /WG Bun
Baked Sweet Potato
Broccoli w/ cheese
Assorted Fruit Choices

WG = Whole Grain

Tuesday, February 5

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Popcorn Chicken
Or Sliced Ham
Mashed Potatoes
Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, February 6

Breakfast

Yogurt; Grahams

Lunch

Assorted Wedge Pizza or
Sl. Turkey w/cheese/Bun
Fresh Garden Salad
With dressing
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, February 7

Breakfast

Sausage Biscuit

Lunch

Fresh Made
Turkey Vegetable Soup
Toasted Cheese Sandwich
Fresh Baby Carrots w/dip
Mandarin Oranges



Friday, February 8

Breakfast

WG Waffles; Fresh
Seasonal Fruit

Lunch

Local 100%
Cheeseburger/ WG Bun
Or Cold Cuts w/cheese
on WG Bun
Refried Beans w/cheese
Fresh Cucumber, Cherry
Tomato Salad
Assorted Fruit Choices
Chocolate Chip Cookie



ADJUSTMENTS.

Healthy eating is all about making adjustments. And our new menu guidelines are no exception. We now have the flexibility to offer a little more grains and proteins, while staying within the same calorie maximums. And don't worry, the new higher amounts of fruits and veggies are still in place, too.

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



Monday, February 11

Breakfast

Egg & Cheese WG
Breakfast Square

Lunch

Hot Dog / WG Bun
With/without Chili Or
Meatballs w/ Cheese on
Whole grain HD Bun
Baked Beans
Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, February 12

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Assorted Wedge Pizza
Or PBJ Uncrustable
Fresh Caesar Salad
With dressing
Hot Vegetable of Choice
Assorted Fruit Choices



Wednesday, February 13

Breakfast

Yogurt; WG Muffin

Lunch

Fresh Made **Chicken Salad**
on WG Croissant
Honey BBQ Rib / WG Bun
Corn on Cob
Black-eyed Peas
Assorted Fruit Choices

Thursday, February 14

Breakfast

Chicken Biscuit



Valentine's Day Lunch

Heart Shaped WG
Chicken Nuggets
Or Tender Sliced Turkey
with Gravy
Oven roasted red potatoes
and fresh baby carrots
Broccoli w/ cheese
Sweetened Strawberries
with Whipped Topping

Friday, February 15

Breakfast

Turkey Sausage Link and
Blueberry WG Waffle

Lunch

Pork Chop/ WG Bun Or
Crisp Fish Fillet/ WG Bun
Sweet Potato Fries
Seasoned Green Beans
Mixed Fruit Cup with
Seasonal Fresh Fruit

Monday, February 18

Breakfast

Turkey Sausage WG
Breakfast Square

Lunch

Chicken Fillet/ WG Bun
Or Texas BBQ /WG Bun
Baked Fresh Sweet Potato
Broccoli w/ cheese
Diced Pears



Tuesday, February 19

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Popcorn Chicken Or
Sliced Ham
Creamy Mashed Potatoes
Seasoned Green Beans
Sliced Peaches
Fresh Baked Wheat Roll

Wed., February 20

Breakfast

Flapstick; Fruit of Choice

Lunch

Assorted Wedge Pizza or
Sl. Turkey w/cheese/Bun
Fresh Garden Salad w/
Shr. Carrots w/ dressing
Steamed Capri Vegetables
Bag of Fresh Apple Slices

Thursday, February 21

Breakfast

Yogurt; Grahams

Brunch for Lunch

Turkey Bacon; Yogurt
WG Blueberry Waffles
Crisp Potato Wedges
Fruit/ Vegetable Juice
Fresh Banana



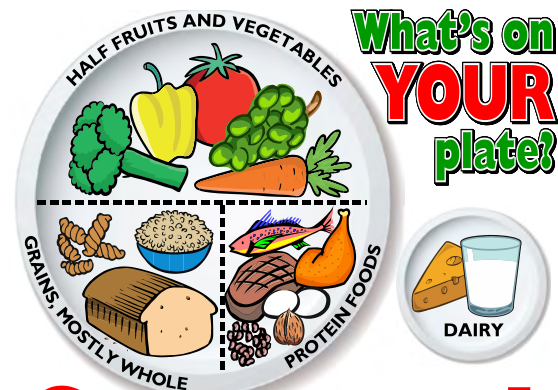
Friday, February 22

Breakfast

Pork Chop Biscuit

Lunch

Crispy Corn Dog Or
WG Fish Sticks
BBQ Beans
Cucumbers & Cherry
Tomatoes w/ Dip
Pineapple Tidbits
Chocolate Chip Cookie



Soup's on!

Monday, February 25

Breakfast

Turkey Bacon Cheese
Toaster

Lunch

Hot Dog / WG Bun
With/without Chili Or
Meatballs w/ Cheese on
Whole grain HD Bun
Crisp Waffle Potatoes
Crunchy Cole Slaw
Assorted Fruit Choices

Tuesday, February 26

Breakfast

French Toast Sticks;
Applesauce

Lunch

Oven Roasted Chicken Or
Sliced Ham
Creamy Mashed Potatoes
Glazed Carrots
Assorted Fruit Choices
Fresh Baked Wheat Roll



Wed., February 27

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Assorted Wedge Pizza or
PBj Uncrustable
Fresh Romaine Salad
With Cherry Tomatoes
w/dressing
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, February 28

Breakfast

Egg & Cheese Biscuit

Lunch

Beef Taco on soft shell
With shredded Cheese
and diced Tomatoes Or
Turkey & Cheese Roll-up
on soft shell
Golden Corn
Refried Beans w/ Cheese
Assorted Fruit Choices

Friday, March 1

Breakfast

Yogurt; WG Muffin

Lunch

BBQ Chicken Nuggets Or
Chicken Broccoli Alfredo
Fresh Baked Potato
Seasoned Green Peas
Assorted Fruit Choices
Bakery Dinner Roll

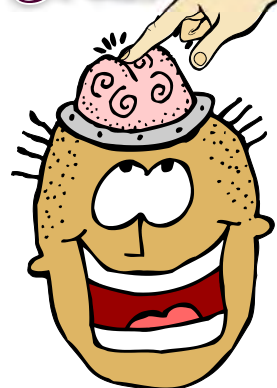


The earliest evidence of humans eating soup goes back 6,000 years -- and according to archeologists, it was hippopotamus soup! While hippo broth is no doubt tasty, it probably wouldn't be the first choice for most of us. But soup in general is a delicious and healthy treat, especially this time of year!



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

Brain Ticklers



Which month has 28 days?

(Hold the page upside down and read it in a mirror for the answer!)

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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.

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AFRICAN AMERICAN HISTORY MONTH

Learn more at blackpast.org or do a search for Dorothy Dandridge