

Menus for February 2013

LYNCHBURG CITY SCHOOLS

BASS ELEMENTARY MENU

HAPPY VALENTINE'S DAY!



蛇 YEAR OF THE SNAKE

The Chinese New Year begins with the new moon on February 10. 2013 is the year of the Snake.



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!

Another name for the groundhog is the "whistle pig." Wonder where they came up with that name?! Groundhog Day is February 2. We're pretty sure he'll see his shadow!

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	Tuesday, February 19 Breakfast Cereal; Grahams Fresh Banana	Wed., February 20 Breakfast Flapstick; Fruit of Choice	Thursday, February 21 Breakfast Yogurt; Grahams	Friday, February 22 Breakfast Pork Chop Biscuit
Intercession: 2/18—2/22, 2013				
Lunch Texas BBQ /WG Bun Sweet Potato Fries Fresh Broccoli w/ Dip Fruit of Choice	Lunch Popcorn Chicken Mashed Potatoes Seasoned Green Beans Fruit of Choice Bakery Dinner Roll	Lunch Assorted Wedge Pizza Fresh Garden Salad with Cherry Tomatoes w/ dressing Bag of Fresh Apple Slices	Lunch Honey BBQ Rib/ WG Bun "Tater Tots" Fruit of Choice	Lunch Crispy Corn Dog BBQ Beans Fruit of Choice

Monday, February 25 Breakfast Turkey Bacon Cheese Toaster	Tuesday, February 26 Breakfast French Toast Sticks; Applesauce	Wed., February 27 Breakfast Cereal; Grahams Fresh Banana	Thursday, February 28 Breakfast Egg & Cheese Biscuit	Friday, March 1 Breakfast Yogurt; WG Muffin
Intercession: 2/25—3/1, 2013				
Lunch Hot Dog / WG Bun With/without Chili Crisp Waffle Potatoes Fruit of Choice	Lunch Sliced Ham & Cheese / WG Bun Cheesy Pintos Fruit of Choice	Lunch Assorted Wedge Pizza Fresh Romaine Salad With Cherry Tomatoes w/dressing Fruit of Choice	Lunch Turkey & Cheese/ WG Bun Golden Corn Fruit of Choice	Lunch BBQ Chicken Nuggets Sweet Potato Fries Fruit of Choice Bakery Dinner Roll 

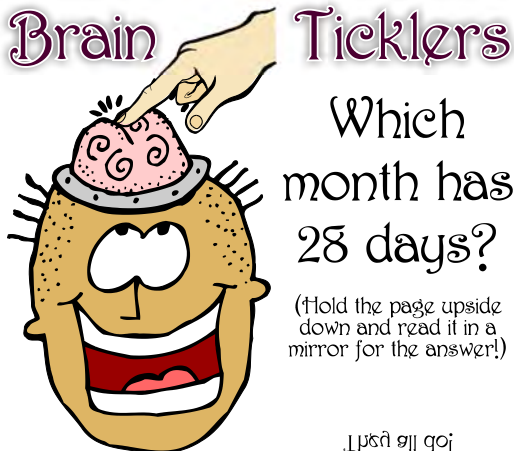


Soup's on!

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



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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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The awards for the best movies and film performances (the "Oscars") are being held this year on February 24. The first Oscars were given out in 1929, but it wasn't until 1954 that an African-American (Dorothy Dandridge, pictured here) was nominated for a best acting award. She didn't win the Oscar, but she set the stage for future African-American winners Sidney Poitier, Denzel Washington, Halle Berry, Jamie Foxx, and Forest Whitaker.

AFRICAN-AMERICAN HISTORY MONTH

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