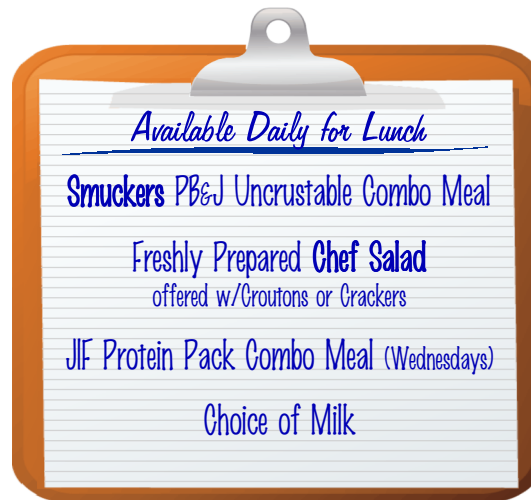


MENUS FOR FEBRUARY 2017

**Lynchburg City
Schools
Bass Elementary
School Menus**

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



Weekly Breakfast Menus

February 1-3, 13-17 & 27-28

Monday: Breakfast Chicken Slider
Tuesday: Cereal & String Cheese
Wed: Kellogg's WG Mini Pancakes
Thursday: Cereal & Elf Grahams
Fri: Yogurt & Goldfish Grahams

February 6-10 & 20-24

Monday: Cereal & String Cheese
Tuesday: WG Muffin & Yogurt
Wed: Pillsbury WG Mini Cinnis
Thursday: Pancake & Sausage Bites
Friday: Cereal & Elf Grahams

Breakfast includes: Milk, Fruit Juice & 1 Serving of Fruit

HAPPY FACE=HEALTHY HEART.



It's February again, so let's talk hearts! A study that followed subjects for 10 years found that people who express positive emotions like contentment and happiness most often were far less likely to develop heart disease. So put on a happy face!

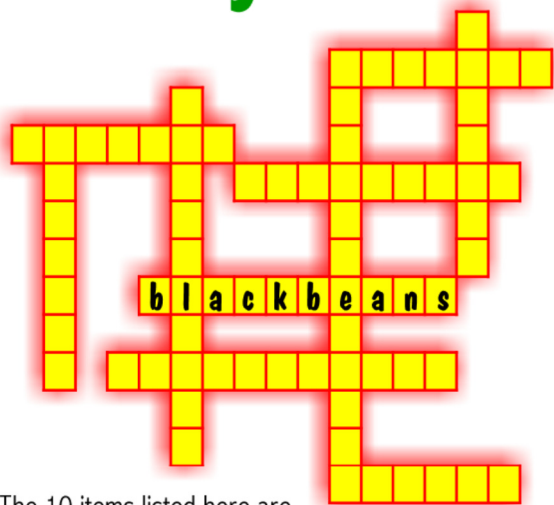
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
Lunch Entrées (Choose 1) Corn Dog Nuggets Cheesy Beef Nachos Served with Salsa & Sour Cream Lunch Sides (All Included) Lima Beans Golden Sweet Corn Sweet Strawberry Cup	Lunch Entrées (Choose 1) Breaded Pork Steak on WG Bun Italian Meatball Sub Lunch Sides (All Included) Seasoned Pinto Beans Garden Pasta Salad Fresh Apple Slices	Lunch Entrées (Choose 1) Baked Chicken w/Corn Muffin Shrimp Poppers w/Corn Muffin Lunch Sides (All Included) Green Beans Quick Baked Potato Chilled Mixed Fruit	Lunch Entrées (Choose 1) Hearty Harvest Stew Served with Cheesy Garlic Bread Sticks Chicken Nuggets w/Bread Stick Lunch Sides (All Included) Romaine Garden Salad Steamed Broccoli Applesauce	Lunch Entrées (Choose 1) Pizza Crunchers Hot Ham & Cheese Flatbread Lunch Sides (All Included) Tomato Soup Crispy Tater Coins Diced Freestone Peaches

Wednesday, February 1	Thursday, February 2	Friday, February 3
Lunch Entrées (Choose 1) Breakfast for Lunch Ham, Egg & Cheese English Muffin Lunch Sides (All Included) Seasoned Diced Potatoes "Sunset Sip" V-blend Juice Cinnamon Baked Apples	Lunch Entrées (Choose 1) Spaghetti & Meatballs w/breadstick Breaded Chicken Patty on WG Bun Lunch Sides (All Included) Fresh Made Broccoli Salad California Vegetable Medley Diced Freestone Peaches	Lunch Entrées (Choose 1) Pizza Slice w/Selection of Toppings Fun Fish Nuggets w/Corn Muffin Lunch Sides (All Included) Crunchy Baby Carrots Crinkle Cut Oven Fries Fresh Apple Slices



Can you fit in the “hearty” foods?



The 10 items listed here are among the many delicious foods that are also good for heart health! Your family should make room for them on your plates – and you should also try to fit them in to the crossword puzzle above!

Almonds
Asparagus
Oatmeal

Walnuts
Spinach
Salmon

Blueberries
Strawberries
Black Beans
Cantaloupe

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

Monday, February 13

Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese

PBJ Combo Meal

Lunch Sides (All Included)

Crispy Tater Coins
Lettuce & Sliced Tomato
Applesauce

Tuesday, February 14

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

PBJ Combo Meal

Lunch Sides (All Included)

Golden Sweet Corn
Fresh Broccoli Florets w/Ranch Dip
Sweet Strawberry Cup

Wednesday, February 15

Lunch Entrées (Choose 1)

Bacon, Egg & Cheese English Muffin

PBJ Combo Meal

Lunch Sides (All Included)

Seasoned Diced Potatoes
“Sunset Sip” V-blend Juice
Fresh Apple Slices

Thursday, February 16

Lunch Entrées (Choose 1)

Chicken Nuggets

PBJ Combo Meal

Lunch Sides (All Included)

Seasoned Pinto Beans
Celery Sticks w/Ranch Dip
Diced Freestone Peaches

Friday, February 17

GRAB N’ GO BAGS

Lunch Entrées Served w/Goldfish Cheddar Crackers (Choose 1)

Turkey & Cheese on Goldfish Bread

PBJ Uncrustable

Lunch Sides (All Included)

Crunchy Baby Carrots
Amazin’ Raisins
RIP Blue Raspberry Slushy

Monday, February 20

Lunch Entrées (Choose 1)

Corn Dog Nuggets

PBJ Combo Meal

Lunch Sides (All Included)

Golden Sweet Corn
Southern Style Baked Beans
Sweet Strawberry Cup

Tuesday, February 21

Lunch Entrées (Choose 1)

Pizza Crunchers

PBJ Combo Meal

Lunch Sides (All Included)

Green Beans
Fresh Cauliflower Florets w/Ranch Dip
Chilled Mixed Fruit

Wednesday, February 22

Lunch Entrées (Choose 1)

Fun Fish Nuggets

PBJ Combo Meal

Lunch Sides (All Included)

California Vegetable Medley
Crispy Tater Coins
Fresh Apple Slices

Thursday, February 23

Lunch Entrées (Choose 1)

Breaded Chicken Patty on WG Bun

PBJ Combo Meal

Lunch Sides (All Included)

Crunchy Baby Carrots
Steamed Broccoli
RIP Blue Raspberry Slushy

Friday, February 24

GRAB N’ GO BAGS

Lunch Entrées Served w/Goldfish Cheddar Crackers (Choose 1)

Ham & Cheese on Goldfish Bread

PBJ Uncrustable

Lunch Sides (All Included)

“Sunset Sip” V-blend Juice
Raw Veggie Bowl w/Ranch Dip
Applesauce

Monday, February 27

Lunch Entrées (Choose 1)

Toasted Cheese Sandwich

100% Beef Patty on WG Bun
Prepared with or without American Cheese

Lunch Sides (All Included)

Three Bean Chili
Crispy Tater Coins
Lettuce & Sliced Tomato
Applesauce

Tuesday, February 28

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce

Pork BBQ Flatbread Sandwich

Lunch Sides (All Included)

Romaine Garden Salad
Southern Baked Beans
Sweet Strawberry Cup
Fresh Orange Wedges

February Intersession

Please join us
for breakfast
and lunch
during
Intersession

February 13-17

February 20-24

NUTRITION TO GO

The first watermelon harvest in recorded history took place 5,000 years ago. But just three decades ago, seedless watermelons accounted for under 1% of the overall watermelon market. Today, that share has passed 70% and is still growing. Nowadays, seeded watermelons are mainly grown because seedless melons can’t pollinate without them!

A TASTY MORSEL FOR PARENTS