

# Menus for February 2018

## Lynchburg City Schools Bass Elementary School Menus

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



**Monday, February 5**

### Lunch Entrées (Choose 1)

Toasted Cheese Sandwich

Cheesy Beef Nachos  
Served with Salsa & Sour Cream

### Lunch Sides (All Included)

Campbell's Tomato Soup

Golden Sweet Corn

Chilled Mixed Fruit

**Tuesday, February 6**

### Lunch Entrées (Choose 1)

Shrimp Poppers w/Corn Bread Muffin

Honey BBQ Pork Rib Patty on Bun

### Lunch Sides (All Included)

Fresh Veggie Cup w/Ranch Dip

Southern Style Baked Beans

**Cry Baby** Frozen Fruit Cup

**Wednesday, February 7**

### Lunch Entrées (Choose 1)

Savory Roasted Chicken w/Roll

Italian Deli Sub  
Offered with Lettuce & Sliced Tomato

### Lunch Sides (All Included)

Quick Baked Potato

Steamed Sweet Green Peas

Blueberries w/Whipped Topping

**Thursday, February 8**

### Lunch Entrées (Choose 1)

Spaghetti & Meatballs w/Breadstick

Breaded Chicken Patty on WG Bun

### Lunch Sides (All Included)

Steamed Broccoli

Fresh Veggie Cup w/Ranch Dip

Blueberries w/Whipped Topping

**Friday, February 2**

### Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings

Fun Fish Nuggets w/Corn Muffin

### Lunch Sides (All Included)

Seasoned Pinto Beans

Crinkle Cut Oven Fries

Chilled Diced Pears

**Thursday, February 8**

### Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun  
Prepared with or without American Cheese  
Offered with Lettuce & Sliced Tomato

Amazing Macaroni & Cheese

### Lunch Sides (All Included)

Baby Carrot Fries

Steamed Broccoli

Juicy Sliced Apples

**Friday, February 9**

### Lunch Entrées (Choose 1)

Pizza Crunchers

Ham & Cheese Sub  
Offered with Lettuce & Sliced Tomato

### Lunch Sides (All Included)

Romaine Garden Salad

Seasoned Potato Wedges

Chilled Sliced Peaches

## Available Daily

Smuckers PB&J  
Uncrustable Combo  
Meal

Freshly Prepared  
Chef Salad  
offered w/Croutons

Choice of Milk

Lunch includes:  
Entrée  
2 servings of vegetables  
1 serving of fruit  
choice of milk

## MELTING AWAY.

Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.



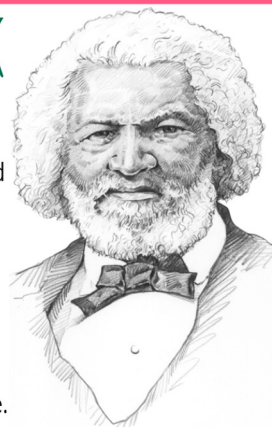
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



Every complete meal  
we serve comes with  
your choice of milk!

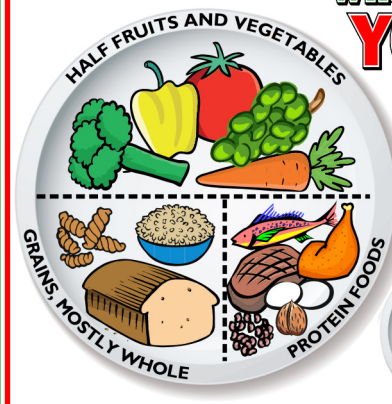
## FREDERICK DOUGLASS

Frederick Douglass escaped from slavery in Maryland in 1838. He became a renowned orator and abolitionist and the best known and most influential African American of his time.



**AFRICAN AMERICAN HISTORY MONTH**  
Want to know more? Search for "Frederick Douglass" on-line.

## What's on YOUR plate?





Monday, February 12

Tuesday, February 13

Wed., February 14

Thursday, February 15

Friday, February 16

## WINTER INTERSESSION

### Lunch Entrées

(Choose 1)

Cheeseburger Meatloaf on WG Bun  
Turkey & Cheese Sub

### Lunch Sides

(All Included)

Creamy Mashed Potatoes & Gravy  
Green Beans  
Applesauce

### Lunch Entrées

(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce  
PB&J Uncrustable Combo Meal

### Lunch Sides

(All Included)

Snappy Celery Sticks  
Golden Sweet Corn  
Mandarin Orange Sections

### Lunch Entrées

(Choose 1)

All Beef Hot Dog on WG Bun  
Chef Salad w/Corn Muffin

### Lunch Sides

(All Included)

Seasoned Diced Potatoes  
Southern Style Baked Beans  
Whole Baby Banana

### Lunch Entrées

(Choose 1)

Breaded Chicken Patty on WG Bun  
PB&J Uncrustable Combo Meal

### Lunch Sides

(All Included)

Steamed Broccoli  
Fresh Veggie Cup w/Ranch Dip  
Blueberries w/Whipped Topping

### Lunch Entrées

(Choose 1)

Pizza Slice w/Selection of Toppings  
Chef Salad w/Corn Muffin

### Lunch Sides

(All Included)

Crinkle Cut Oven Fries  
"Sunset Sip" V-blend Juice  
Chilled Diced Pears

Monday, February 19

Tuesday, February 20

Wed., February 21

Thursday, February 22

Friday, February 23

### Lunch Entrées

(Choose 1)

Toasted Cheese Sandwich  
Cheesy Beef Nachos  
Served with Salsa & Sour Cream

### Lunch Sides

(All Included)

Campbell's Tomato Soup  
Golden Sweet Corn  
Chilled Mixed Fruit

### Lunch Entrées

(Choose 1)

Shrimp Poppers w/Corn Bread Muffin  
Honey BBQ Pork Rib Patty on Bun

### Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip  
Southern Style Baked Beans  
Cry Baby Frozen Fruit Cup

### Lunch Entrées

(Choose 1)

Savory Roasted Chicken w/Roll  
Italian Deli Sub  
Offered with Lettuce & Sliced Tomato

### Lunch Sides

(All Included)

Quick Baked Potato  
Steamed Sweet Green Peas  
Blueberries w/Whipped Topping

### Lunch Entrées

(Choose 1)

100% Beef Patty on WG Bun  
Prepared with or without American Cheese  
Offered with Lettuce & Sliced Tomato  
Amazing Macaroni & Cheese

### Lunch Sides

(All Included)

Baby Carrot Fries  
Steamed Broccoli  
Chilled Sliced Peaches

### Lunch Entrées

(Choose 1)

Pizza Crunchers  
PB&J Uncrustable Combo Meal

### Lunch Sides

(All Included)

Romaine Garden Salad  
Seasoned Potato Wedges  
Juicy Sliced Apples

Monday, February 26

Tuesday, February 27

Wed., February 28

### Lunch Entrées

(Choose 1)

Breaded Pork Chop Patty on WG Bun  
Cheeseburger Meatloaf on WG Bun  
Offered with Lettuce & Sliced Tomato

### Lunch Sides

(All Included)

Creamy Mashed Potatoes & Gravy  
Green Beans  
Applesauce

### Lunch Entrées

(Choose 1)

Pizza Dippers w/Pizza Dipping Sauce  
Bueno Beef Tacos  
Served with Shredded lettuce & Tomato

### Lunch Sides

(All Included)

Snappy Celery Sticks  
Home Made Vegetable Soup  
Mandarin Orange Sections

### 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

## YEAR OF THE DOG 2018

The Chinese  
New Year  
begins with  
the new  
moon on  
February 16.  
2018 is the  
year of the  
Dog.



**PORTRAITS OF SPECTACULAR Athletes**

**Winter Olympics  
February 9-25  
PyeongChang,  
South Korea**

*Photo by Brett Wilhelm/ESPN*

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the 2018 Winter Olympics!

**CHLOE KIM**

## NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside – about 200 seeds per berry!

**A QUICK BITE FOR PARENTS**