

Menus for February 2018

Lynchburg City Schools Elementary School Lunch 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.



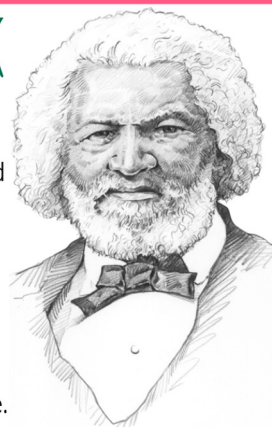
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



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

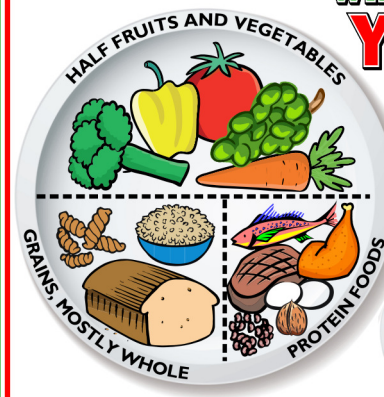
FREDERICK DOUGLASS

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

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

Tuesday, February 13

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

Wed., February 14

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

Thursday, February 15

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 16

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

Monday, February 19

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 20

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

Wed., February 21

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 22

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 23

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

Monday, February 26

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

Tuesday, February 27

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

Wed., February 28

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