

Menus For January 2013

**LYNCHBURG CITY SCHOOLS
ELEMENTARY MENU**

Welcome Back!



Thursday, January 3

Breakfast
Cereal; Grahams

Lunch
Assorted Pizza or
PBJ Uncrustable
Fresh Garden Salad w/ extra
Carrots
Golden Corn
Assorted Fruit Choices

Friday, January 4

Breakfast
Flapstick; Fruit

Lunch
*Celebrate our 100th Day of
School with "Star" shaped*
WG Chicken Nuggets or
Crisp WG Fish Sticks
Sweet Potato Fries
Broccoli w/ cheese
Assorted Fruit Choices
Bakery Dinner Roll

SATURATION POINT.

Saturated fat (in foods like meat, butter, cheese, and cream, among others) is unhealthy in the large doses that many of us eat, and trans fat isn't safe at any level. That's why the meals we serve average 10% or less calories from saturated fat, and every item contains zero grams of trans fat per serving.



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



Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk

100% Fruit Juice is served with every Breakfast

"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.

Our Menus are FULL of fresh fruit & vegetable choices. We provide 5 sub groups of vegetables **each** week: 'Dark Green', 'Starch', 'Legumes', 'Red-Orange', & 'Other' along with Whole Grains.

Menus are subject to change without notice



Winter

Monday, January 7

Breakfast
WG Turkey Sausage
Breakfast Square

Lunch
Crisp Pork Chop/ WG Bun
Or Chicken Fillet / WG Bun
Oven Baked French Fries
Steamed Fresh Cabbage
Assorted Fruit Choices

Tuesday, January 8

Breakfast
Cereal; Cinnamon Grahams
Fresh Banana

Lunch
Chicken Nuggets or
Sliced Ham
Creamy Mashed Potatoes
Capri Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, January 9

Breakfast
French Toast; Fruit

Lunch
Assorted Pizza or
PBJ Uncrustable
Tossed Romaine Salad
Orange Glazed Fresh Carrots
Assorted Fruit Choices

Thursday, January 10

Breakfast
Chicken Biscuit

Lunch
Beef Taco on Soft Shell w/gr.
Cheese, shr. Lettuce or
Turkey & Cheese Roll-up
Cheesy Refried Beans
Corn on Cob
Assorted Fruit Choices

Friday, January 11

Breakfast
Yogurt; Blueberry Muffin

Lunch
Honey BBQ Rib / WG Bun
Or Deli Meat & Cheese/ WG Bun
Oven Roasted Red Potatoes &
Fresh Baby Carrots
Seasoned Green Beans
Assorted Fruit Choices

Monday, January 14

Professional Development
Day



Students do not Attend

Tuesday, January 15

Breakfast
Cereal; Grahams

Lunch
Popcorn Chicken or
Sliced Ham
Creamy Mashed Potatoes
Seasoned Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, January 16

Breakfast
WG Waffle; Fresh Fruit

Lunch
Fresh Made Chicken Salad on
WG Croissant Or
Tossed Garden Salad w/sliced
Chicken Breast & String Cheese
Fresh Baked Sweet Potato
Broccoli w/ cheese
Assorted Fruit Choices
Frozen Orange Sherbet

Thursday, January 17

Breakfast
Egg & Cheese Biscuit

Lunch
Fresh Made Chicken
Vegetable Soup
Toasted Cheese Sandwich
Fresh Baby Carrots w/ dip
Assorted Fruit Choices



Friday, January 18

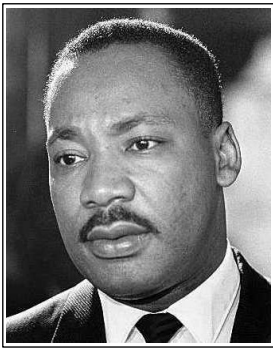
Breakfast
Yogurt; Cinnamon Grahams

Lunch
Crisp Pork Chop / WG Bun or
Turkey & Cheese / WG Bun
Oven Baked French Fries
Steamed Fresh Cabbage
Assorted Fruit Choices

DON'T 4 GET!



... and at least three of the five items total
so your meal counts as a complete lunch!



School will be closed on Monday, January 21 to commemorate the birthday of Martin Luther King, Jr.

Tuesday, January 22

Breakfast
WG Turkey Sausage
Breakfast Square

Lunch
Chicken Tenders or
Sliced Ham
Creamy Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, January 23

Breakfast
Cereal; Cinnamon Grahams
Fresh Banana

Lunch
Veggie Wedge Pizza or
PBJ Uncrustable
Fresh Baby Carrots w/ dip
Broccoli w/ cheese
Assorted Fruit Choices

Thursday, January 24

Breakfast
Pork Chop Biscuit

Lunch
Spaghetti w/ Meat Sauce
Or Turkey & Cheese Sandwich
Mixed Garden Salad
Golden Corn
Assorted Fruit Choices
Warm Bread Stick

Friday, January 25

Breakfast
WG Waffle; Yogurt

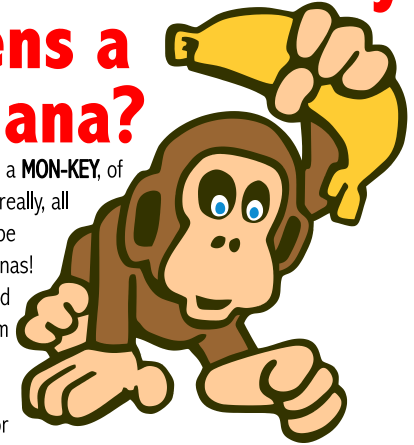
Lunch
Local 100% Beef
Cheeseburgers / WG Bun
Or Honey BBQ Rib
Sweet Potato French Fries
Black-eyed Peas
Assorted Fruit Choices
Choc Chip Cookie



What kind of key opens a banana?

It's obvious -- a **MON-KEY**, of course! But, really, all of us should be opening bananas! They're loaded with potassium and lots of other stuff that's good for us. And we're not monkeying around about that!

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



Monday, January 28

Breakfast
WG Turkey Sausage
Breakfast Square

Lunch
Hot Dog/ WG Bun
With/without Chili or
Meatballs w/cheese / WG Bun
Baked Beans
Fresh Cucumbers & Cherry
Tomatoes w/ ranch dip
Assorted Fruit Choices

Tuesday, January 29

Breakfast
Cereal; Grahams

Lunch
Popcorn Chicken or
Sliced Ham
Creamy Mashed Potatoes
Seasoned Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, January 30

Breakfast
Maple Glazed French Toast
Sticks; Fruit

Lunch
Assorted Pizza or
PBJ Uncrustable
Tossed Romaine Salad
Orange Glazed Fresh Carrots
Assorted Fruit Choices

Thursday, January 31

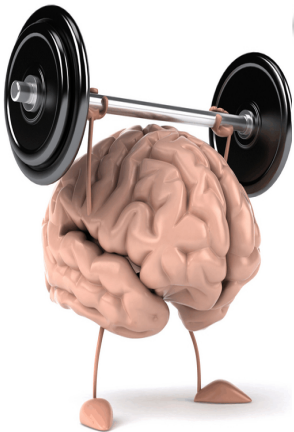
Breakfast
Chicken Biscuit

Brunch for Lunch
Scrambled Eggs w/ cheese
Yogurt
Baked Apples
Crisp Potato Coins
French Toast Sticks

Friday, February 1

Breakfast
Cereal; Grahams

Lunch
Chili Beans with cheese and
Baked Tostitos "Scoops"
Or Crisp Fish Sticks
Fresh Garden Side Salad
Golden Corn
Assorted Fruit Choices



PUMP IT UP!

Kids give their brains a workout at school every day. And research shows that kids who regularly eat balanced, nutritious meals do better in class and score better on tests. So **PUMP IT UP!**

Breakfast **Lunch**
\$.95 **\$1.75**

Get in touch with us today to learn more about free and reduced-price meals in our district:
434-515-5064 or sprinklemlk@lcsedu.net

Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$8.10. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of cheese crackers, fruit and a carton of milk.
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.

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