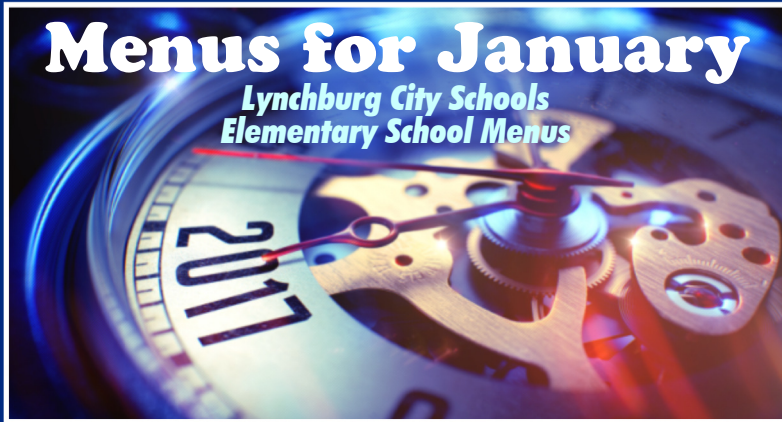


Menus for January

Lynchburg City Schools
Elementary School Menus



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

Available Daily for Lunch

Smuckers PB&J Uncrustable Combo Meal

Freshly Prepared Chef Salad

served w/CROUTONS or Crackers

JIF Protein Pack Combo Meal (Wednesdays)

Choice of Milk

MOVE!

It's in our DNA: the human body is made to MOVE, not to sit still all day, every day. Our earliest ancestors were in

motion daily, looking for food. The more we can make sure we're active and moving, the better our health will be.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



Welcome Back!
We hope you enjoyed your break!

Tuesday, January 3

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

Wednesday, January 4

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, January 5

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

Friday, January 6

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

WEEKLY BREAKFAST MENUS

JANUARY 3-6, 17-20 & 30-31

MONDAY: BREAKFAST CHICKEN SLIDER
TUESDAY: CEREAL & STRING CHEESE
WED: PILLSBURY WG MINI PANCAKES
THURSDAY: CEREAL & ELF GRAHAMS
FRI: YOGURT & GOLDFISH GRAHAMS

JANUARY 10-13 & 23-27

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

Monday, January 9

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

Tuesday, January 10

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

Wednesday, January 11

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

Thursday, January 12

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

Friday, January 13

Lunch Entrées (Choose 1)

Pizza Crunchers
Hot Ham & Cheese Flatbread

Lunch Sides (All Included)

Tomato Soup
Crispy Tater Coins
Diced Freestone Peaches

Monday, January 16

Martin Luther King, Jr.

1929
1968

1964
Awarded
Nobel Peace
Prize

No School

Tuesday, January 17

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

Wednesday, January 18

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, January 19

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

Friday, January 20

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

Monday, January 23

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

Tuesday, January 24

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

Wednesday, January 25

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

Thursday, January 26

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

Friday, January 27

Lunch Entrées
(Choose 1)

Pizza Crunchers
Hot Ham & Cheese Flatbread

Lunch Sides
(All Included)

Tomato Soup
Crispy Tater Coins
Diced Freestone Peaches

Monday, January 30

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, January 31

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

NUTRITION TO GO

Boys and girls 4-6 years old should get about 1800 total calories a day from all food and drink sources, while 7-10 year olds should get 2200. At age 11-14, girls should still get about 2200 calories but boys about 2500. Young athletes should get 600-1200 more calories a day, depending on their weight and sport.

A TASTY MORSEL FOR PARENTS

YEAR OF THE ROOSTER

This year, there are TWO New Years in January!

The Chinese New Year begins with the new moon on January 28.

2017 is the Year of the Rooster.

2017

鸡



He's the heavyweight champ, whether he's cooked . . .

OR RAW!

He'll give any other food a nutritional body slam, because he's . . .

THE BROCC



Can you name the powerful food we're describing and the famous person we're comparing it to?

(Hold the page upside down and look in a mirror for the answer!)

crabwion auq acfoi dmslue „the Brock, jomzoni
A: The food is broccoli and the person is 13-time pro wrestler

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