

Menus for January 2018

**Lynchburg City Schools
Hutcherson ELC Menus**



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

Available Daily for Lunch

**Ham & Cheese Sandwich
OR
Turkey & Cheese
Sandwich**

School Lunch includes:
Entrée
Serving of Vegetable & Fruit
8 fl oz Fat Free or 1% Low Fat Milk

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.

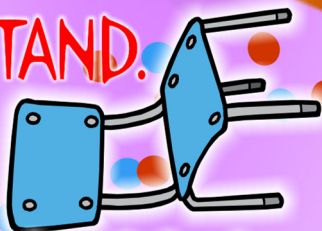


*Happy
New Year
and Welcome
Back!
We hope you
enjoyed your
break!*



TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

Tuesday, January 2

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

Crunchy Baby Carrots

Applesauce Cup

1% or Fat Free White Milk

Wednesday, January 3

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, January 4

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Broccoli

Sliced Peaches

1% or Fat Free White Milk

Friday, January 5

Lunch Entrée

Ham & Cheese Sandwich

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free White Milk

Monday, January 8

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, January 9

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Sliced Peaches

1% or Fat Free White Milk

Wednesday, January 10

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, January 11

Lunch Entrée

100% Beef Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

Friday, January 12

Lunch Entrée

Pizza Crunchers

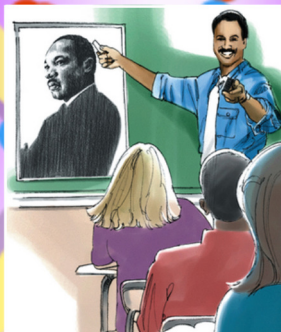
Lunch Sides

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk



School will be closed Monday, January 15 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 16

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

Snappy Celery Sticks

Applesauce Cup

1% or Fat Free White Milk

Wednesday, January 17

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, January 18

Lunch Entrée

Breaded Chicken Patty on WG Bun

Lunch Sides

(All Included)

Steamed Broccoli

Sliced Peaches

1% or Fat Free White Milk

Friday, January 19

Lunch Entrée

Ham & Cheese Sandwich

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free White Milk

NUTRITION *TOGO*

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Monday, January 22

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, January 23

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Sliced Peaches

1% or Fat Free White Milk

Wednesday, January 24

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, January 25

Lunch Entrée

Creamy Macaroni & Cheese

Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

Friday, January 26

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk

Monday, January 29

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Green Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, January 30

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

Homemade Vegetable Soup

Applesauce Cup

1% or Fat Free White Milk

Wednesday, January 31

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?

A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln



You'll Need:

- ✓ an avocado seed
- ✓ a glass jar
- ✓ 3 toothpicks

Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!

- 1 Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- 2 Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- 3 When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- 4 Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.

