

# Menus for January 2018

**Lynchburg City Schools  
Laurel Regional 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/ Assorted Breads*

**Grilled Chicken Fillet on WG Bun**

**Fruit Yogurt, String Cheese & Muffin**  
(Wednesdays)

## WEEKLY BREAKFAST MENU

Monday: Breakfast Chicken Slider

Tuesday: Cereal & String Cheese

Wed: Kellogg's WG Mini Pancakes

Thursday: Cereal & String Cheese

Friday: Yogurt & Vanilla Grahams

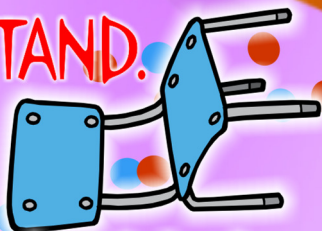
Breakfast includes: Milk,  
Fruit Juice & 1 Serving of Fruit

*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!**

**Monday, January 8**

### Lunch Entrée

Breaded Pork Steak *on Bun*

### Lunch Sides

(All Included)

Mashed Potatoes *w/Gravy*

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

**Tuesday, January 9**

### Lunch Entrée

Corn Dog Nuggets

### Lunch Sides

(All Included)

Sweet Potatoes

**V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**Wednesday, January 10**

### Lunch Entrée

Baked Chicken *w/Corn Muffin*

### Lunch Sides

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

**Thursday, January 11**

### Lunch Entrée

Mac & Cheese *w/Bread Stick*

### Lunch Sides

(All Included)

Seasoned Pinto Beans

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

**Friday, January 12**

### Lunch Entrée

Pizza Crunchers

### Lunch Sides

(All Included)

Campbell's Tomato Soup

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

**Tuesday, January 2**

### Lunch Entrée

BBQ Pork Rib Sandwich

### Lunch Sides

(All Included)

Southern Style Baked Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

**Wednesday, January 3**

### Lunch Entrée

Breakfast for Lunch

### Lunch Sides

(All Included)

Seasoned Diced Potatoes

**"Sunset Sip" V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**Thursday, January 4**

### Lunch Entrée

Spaghetti & Meatballs *w/Bread Stick*

### Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Sliced Peaches

1% or Fat Free Milk

**Friday, January 5**

### Lunch Entrée

Pizza Slice

### Lunch Sides

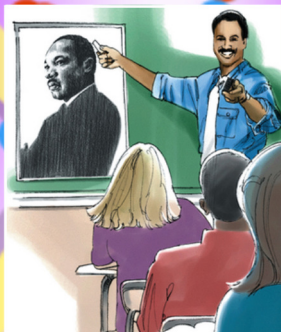
(All Included)

Home Made Turkey & Vegetable Soup

Seasoned Potato Wedges

Applesauce

1% or Fat Free Milk



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

**Tuesday, January 16**

**Lunch Entrée**

BBQ Pork Rib Sandwich

**Lunch Sides**

(All Included)

Southern Style Baked Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

**Wednesday, January 17**

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes

**"Sunset Sip" V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**Thursday, January 18**

**Lunch Entrée**

Spaghetti & Meatballs w/Bread Stick

**Lunch Sides**

(All Included)

Green Beans

Romaine Garden Salad

Sliced Peaches

1% or Fat Free Milk

**Friday, January 19**

**Lunch Entrée**

Pizza Slice

**Lunch Sides**

(All Included)

Home Made Turkey & Vegetable Soup

Seasoned Potato Wedges

Applesauce

1% or Fat Free 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**

Breaded Pork Steak on Bun

**Lunch Sides**

(All Included)

Mashed Potatoes w/Gravy

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

**Tuesday, January 23**

**Lunch Entrée**

Corn Dog Nuggets

**Lunch Sides**

(All Included)

Sweet Potatoes

**V-blend** Juice

Fresh Whole Banana

1% or Fat Free Milk

**Wednesday, January 24**

**Lunch Entrée**

Baked Chicken w/Corn Muffin

**Lunch Sides**

(All Included)

Green Beans

Roasted Red Skin Potatoes

Mixed Fruit

1% or Fat Free Milk

**Thursday, January 25**

**Lunch Entrée**

Mac & Cheese w/Bread Stick

**Lunch Sides**

(All Included)

Seasoned Pinto Beans

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

**Friday, January 26**

**Lunch Entrée**

Pizza Crunchers

**Lunch Sides**

(All Included)

Campbell's Tomato Soup

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk

**Monday, January 29**

**Lunch Entrée**

Chargrilled Beef Patty on WG Bun

**Lunch Sides**

(All Included)

Green Beans

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free Milk

**Tuesday, January 30**

**Lunch Entrée**

BBQ Pork Rib Sandwich

**Lunch Sides**

(All Included)

Southern Style Baked Beans

Romaine Garden Salad

Chilled Mixed Fruit

1% or Fat Free Milk

**Wednesday, January 31**

**Lunch Entrée**

Breakfast for Lunch

**Lunch Sides**

(All Included)

Seasoned Diced Potatoes

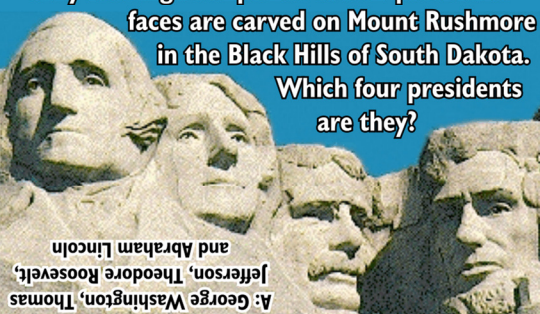
**"Sunset Sip" V-blend** Juice

Fresh Whole Banana

1% or Fat Free 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.

