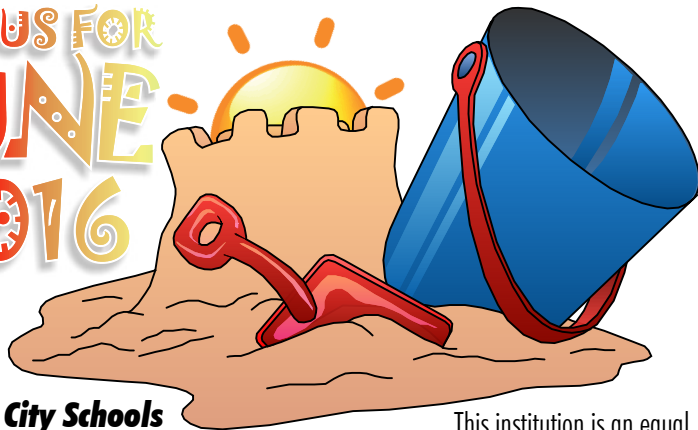


MENUS FOR JUNE 2016



Lynchburg City Schools Elementary School Menus

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

SPRAY AWAY.

This year, protecting yourself from mosquito bites will be more important than ever. If there are lots of mosquitoes in your area, wear long sleeve shirts and pants whenever possible and use insect repellant on unprotected skin. Visit CDC.gov for lots of other tips and more details.



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



Breakfast Menus

June 1: Cereal & Elf Grahams

June 2: Pillsbury Mini Cinnis

June 3: Muffin & Yogurt

June 6: Kellogg's Pop Tart

June 7: WG Flap Stick

Breakfast includes: fruit juice, 1 serving of fruit and 8 oz carton of milk

Wednesday, June 1

Lunch Entrées (Choose 1)

Max Sticks w/Pizza Dipping Sauce

Hot Italian Flatbread Sandwich

Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Broccoli Florets

Romaine Garden Salad

Fresh Apple Slices

Thursday, June 2

Lunch Entrées (Choose 1)

Fun Fish Shapes

Turkey Taco w/Cheddar Cheese

Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Seasoned Pinto Beans

Crunchy Baby Carrots

Shredded Lettuce & Tomato Salsa

Applesauce

Friday, June 3

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings

Breaded Pork Steak on WG Bun

Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Green Beans

Savory Potato Wedges

Chilled Pineapple Tidbits

NUTRITION TO GO

In addition to being juicy and delicious, a fresh pear delivers about 4-5 grams of fiber. That's about 20% of the 20-25 grams that nutritionists tell us we should eat every day. Fiber, an often-overlooked key to a healthier diet, is present most plentifully in whole grains, fresh fruits (like pears), vegetables, nuts, seeds, and beans.

A TASTY MORSEL FOR PARENTS

Monday, June 6

Lunch Entrées (Choose 1)

Corn Dog Nuggets

Cheeseburger on WG Bun

Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Succulent Succotash

Creamy Cole Slaw

Lettuce & Sliced Tomato

Chilled Mixed Fruit

Tuesday, June 7

Lunch Entrées (Choose 1)

Breakfast for Lunch

Hot Ham & Cheese on WG Bagel

Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Crispy Tater Rounds

V-Blend Juice

Cinnamon Baked Apples

Wednesday, June 8

The Menu Items for June 8 and June 9 will be chosen from among your favorites by our nutrition staff. Selections may vary by school. ENJOY!

Thursday, June 9

School Meals
We serve education every day™

"Two roads diverged in a wood, and I –
I took the one less traveled by,
And that has made all the difference."
– Robert Frost

Get outside. Keep your eyes open. And enjoy!

We look forward to serving
you again next year!

