

Lynchburg City Schools

Bass Elementary School Menus

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

Thursday, June 1

Lunch Entrées (Choose 1)

100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

School Made Mac & Cheese

Lunch Sides (All Included)

Steamed Sweet Green Peas
Seasoned Pinto Beans
Fresh Apple Slices

Friday, June 2

Lunch Entrées (Choose 1)

Pizza Crunchers
Turkey & Cheese Deli Wrap

Lunch Sides (All Included)

Romaine Garden Salad
Crispy Tater Coins
Diced Freestone Peaches

Available Daily at Lunch

Smuckers PB&J
Uncrustable Combo Meal
Freshly Prepared Chef Salad
offered w/CROUTONS or Crackers
JIF Protein Pack
Combo Meal (Wednesdays)

Monday, June 5

Lunch Entrées (Choose 1)

Chicken Nuggets w/Pretzel Bites
100% Beef Patty on WG Bun
Prepared with or without American Cheese
Offered with Lettuce & Sliced Tomato

Lunch Sides (All Included)

Southern Baked Beans
Steamed Broccoli
Applesauce

Tuesday, June 6

Lunch Entrées (Choose 1)

Pizza Dippers w/Pizza Dipping Sauce
Breaded Pork Steak on WG Bun

Lunch Sides (All Included)

Romaine Garden Salad
California Vegetable Medley
Sweet Strawberry Cup
Fresh Orange Wedges

Wednesday, June 7

Lunch Entrées (Choose 1)

Italian Deli Sub
Corn Dog Nuggets

Lunch Sides (All Included)

Sliced Cucumber
"Sunset Sip" V-blend Juice
Fresh Apple Slices

Thursday, June 8

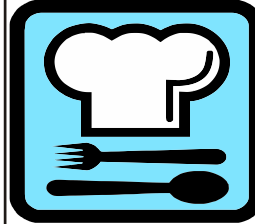
Manager's Choice



Today's Menu has been planned especially for you by the cafeteria manager!

Friday, June 9

Manager's Choice



Today's Menu has been planned especially for you by the cafeteria manager!

NUMBERS GAME.

30 SPF sunscreen provides about the same protection from sunburn and skin damage as higher numbers. What's important is to get good skin coverage, reapply at least every 2 hours (more frequently when swimming or exercising), and choose sunscreen that provides "broad-spectrum" or "UVA/UVB" protection.



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

NUTRITION TO GO

Try not to reach for soda or other sugary sweet drinks when you're sweltering in the summer heat. A healthy diet should contain very little added sugar, but the average American takes in almost a cup of added sugar every day. And kids often consume more, mostly in drinks - a 20-ounce soda can contain a cup of sugar all by itself!



A TASTY MORSEL FOR PARENTS



School's Out!

POWER UP
for
Summer Fun!



SUMMER MEALS for KIDS & TEENS

**Being served at ten locations
throughout Lynchburg**

Open to all children 18 and younger

NO Enrollment, NO Cost!

LOCATION/CONTACT	MEAL TIMES	DATES
BOYS & GIRLS CLUB (Madison St) Christine Goode—846-1111	Breakfast—9:00 AM Lunch—12:00 PM	June 12—August 4 Monday—Friday
BOY'S & GIRLS CLUB (Jefferson Park) Herb Smith—841-8962	Breakfast—9:00 AM Lunch—12:00 PM	June 12—August 4 Monday—Friday
BIRCHWOOD COMMUNITY CENTER Natalie Gaddis—485-7200	Lunch—1:00 PM Snack—4:00 PM	June 12—August 4 Monday—Friday
JOHN HUGHES COMMUNITY CENTER Natalie Gaddis—485-7200	Lunch—1:00 PM Snack—4:00 PM	June 12—August 4 Monday—Friday
LYNCHBURG PUBLIC LIBRARY Beverly Blair—455-6313	Lunch—1:00 PM	June 19—July 28 Monday/Wednesday/Friday
COLLEGE HILL CENTER Jimmy Oliver—847-1418	Lunch—12:30 PM Snack—3 :00 PM	June 19—August 4 Monday—Friday
DANIEL'S HILL CENTER Rory Lee-Washington—847-1396	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday
DIAMOND HILL CENTER Micky Ferguson—847-1409	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday
FAIRVIEW CENTER Sue Downs—847-1751	Lunch—12:30 PM Snack—3 :00 PM	June 19—August 4 Monday—Friday
YODER CENTER Arthur Sales—847-1645	Breakfast—8:30 AM Lunch—12:30 PM	June 19—August 4 Monday—Friday

SUMMER LUNCH MENU

MONDAYS

SMUCKER'S PBJ UNCRUSTABLE, CHEESE STICK & GRAHAM CRACKERS
CRISPY CELERY STICKS with RANCH DIP
V BLEND JUICE

TUESDAYS

ITALIAN DELI SUB with DORITOS
SWEET GRAPE TOMATOES
APPLESAUCE

WEDNESDAYS

HAM & CHEESE SANDWICH
FRESH BROCCOLI FLORETS with RANCH DIP
AMAZIN' RAISINS

THURSDAYS

CHEF SALAD with CORN MUFFIN
APPLESAUCE
RICE KRISPIE TREAT

FRIDAYS

TURKEY & CHEESE SUB with DORITOS
CRUNCHY BABY CARROTS with RANCH DIP
RIPS 100% JUICE SLUSHY