

Menus for March 2017

**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)

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

Breakfast Menus

March 3, 13-17 & 27-31
Monday: Breakfast Chicken Slider
Tuesday: Cereal & String Cheese
Wed: Kellogg's WG Mini Pancakes
Thursday: Cereal & Vanilla Grahams
Fri: Yogurt & Vanilla Grahams

March 6-10 & 20-24
Monday: Cereal & String Cheese
Tuesday: WG Muffin & Yogurt
Wed: Pillsbury WG Cherry Frudel
Thursday: Pancake & Sausage Bites
Friday: Cereal & Vanilla Grahams

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

Kids! Join us for
National School Breakfast Week
March 6-10, 2017

take the
SCHOOL BREAKFAST Challenge



WINTER BREAK

March 1—3

**Classes Resume
March 6**



Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
<u>Lunch Entrée</u> Toasted Cheese Sandwich	<u>Lunch Entrée</u> Pork BBQ Flatbread Sandwich	<u>Lunch Entrée</u> Breakfast for Lunch	<u>Lunch Entrée</u> Spaghetti & Meatballs w/Bread Stick	<u>Lunch Entrée</u> Pizza Slice
<u>Lunch Sides</u> (All Included) Three Bean Chili Crispy Tater Coins Applesauce 1% or Fat Free Milk	<u>Lunch Sides</u> (All Included) Southern Style Baked Beans Romaine Garden Salad Diced Pears 1% or Fat Free Milk	<u>Lunch Sides</u> (All Included) Crispy Tater Coins "Sunset Sip" V-blend Juice Fresh Whole Banana 1% or Fat Free Milk	<u>Lunch Sides</u> (All Included) Green Beans Romaine Garden Salad Diced Peaches 1% or Fat Free Milk	<u>Lunch Sides</u> (All Included) Steamed Carrots Crinkle Cut Oven Fries Applesauce 1% or Fat Free Milk

Monday, March 13

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Campbell's Tomato Soup

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, March 14

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans

Sweet Potatoes

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, March 15

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, March 16

Lunch Entrée

Chicken Nuggets w/Bread Stick

Lunch Sides

(All Included)

V-blend Juice

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

Friday, March 17

Lunch Entrée

Hot Ham & Cheese Flatbread

Lunch Sides

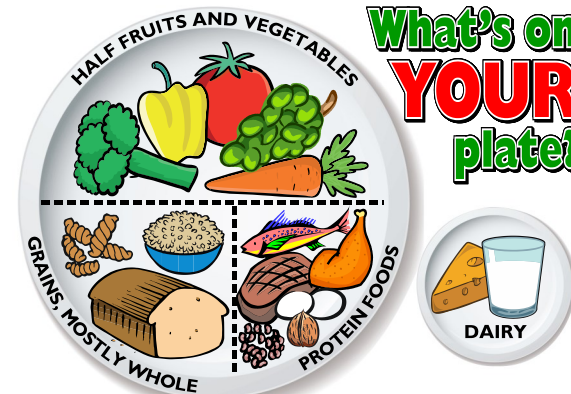
(All Included)

Campbell's Tomato Soup

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk



What's on
YOUR
plate?

REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:

Did you ever eat Colcannon, made from lovely pickled cream?
With the greens and scallions mingled like a picture in a dream.
Did you ever make a hole on top to hold the melting flake
Of the creamy, flavoured butter that your mother used to make?

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

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

Monday, March 20

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Three Bean Chili

Crispy Tater Coins

Applesauce

1% or Fat Free Milk

Tuesday, March 21

Lunch Entrée

Pork BBQ Flatbread Sandwich

Lunch Sides

(All Included)

Southern Style Baked Beans

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Wednesday, March 22

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Crispy Tater Coins

"Sunset Sip" V-blend Juice

Fresh Whole Banana

1% or Fat Free Milk

Thursday, March 23

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Diced Peaches

1% or Fat Free Milk

Friday, March 24

Lunch Entrée

Pizza Slice

Lunch Sides

(All Included)

Steamed Carrots

Crinkle Cut Oven Fries

Applesauce

1% or Fat Free Milk

Monday, March 27

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Campbell's Tomato Soup

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, March 28

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Seasoned Pinto Beans

Sweet Potatoes

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, March 29

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, March 30

Lunch Entrée

Chicken Nuggets w/Bread Stick

Lunch Sides

(All Included)

V-blend Juice

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

Friday, March 31

Lunch Entrée

Hot Ham & Cheese Flatbread

Lunch Sides

(All Included)

Campbell's Tomato Soup

Crispy Tater Coins

Diced Peaches

1% or Fat Free Milk