

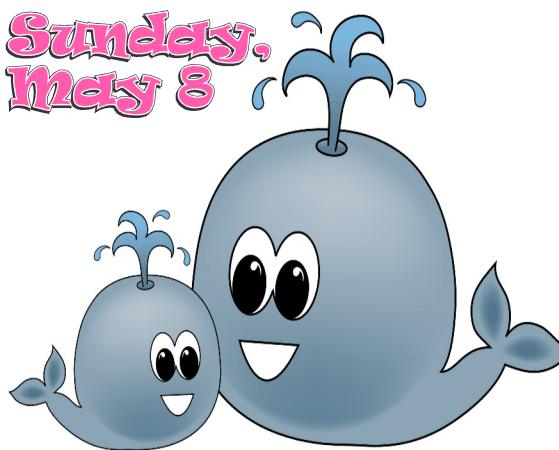
Menus for May 2016

**Lynchburg City Schools
Elementary School
Menus**



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

**Sunday,
May 8**



Happy Mother's Day!

SCHOOL LUNCH SUPERHERO DAY MAY 6TH

**AND SCHOOL
NUTRITION EMPLOYEE
APPRECIATION WEEK
MAY 2-6**

Monday, May 2

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, May 3

Lunch Entrées (Choose 1)

Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Sweet Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Wednesday, May 4

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, May 5

Lunch Entrées (Choose 1)

Chicken Tenders
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, May 6

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



Monday, May 9

Lunch Entrées (Choose 1)

Chicken Nuggets
Texas Style Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges



Tuesday, May 10

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, May 11

Lunch Entrées (Choose 1)

Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Golden Sweet Corn
Crispy Cucumber Wheels
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Thursday, May 12

Lunch Entrées (Choose 1)

School Made Mac & Cheese
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Sweet Peas
Romaine Garden Salad
Chilled Diced Pears



Friday, May 13

Lunch Entrées (Choose 1)

Pizza Slice w/Selection of Toppings
Turkey Cheese Slider w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Broccoli
Crunchy Baby Carrots
Fresh Apple Slices



Breakfast Menus

May 2-6 & May 16-20

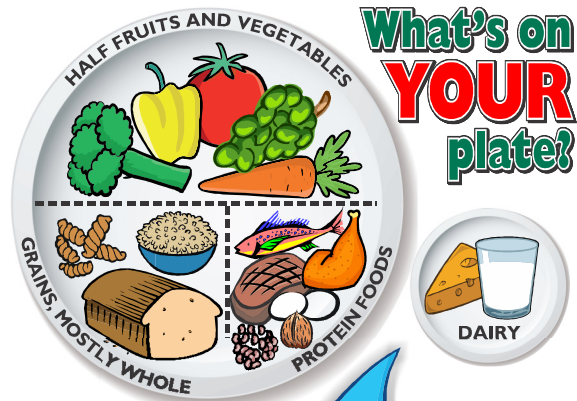
Monday: Cereal & Goldfish Grahams
Tues: Breakfast Chicken Slider
Wednesday: Cereal & Elf Grahams
Thurs: Pillsbury WG Mini Cinnis
Friday: WG Muffin & Yogurt

May 9-13 & May 23-27

Monday: Kellogg's WG Pop Tart
Tuesday: Cereal & Goldfish Grahams
Wed: WG Muffin & Yogurt
Thursday: Cereal & Elf Grahams
Friday: WG Flap Stick

Breakfast includes:

Fruit Juice
1 Serving of Fruit
8 oz of Milk



**What's on
YOUR
plate?**

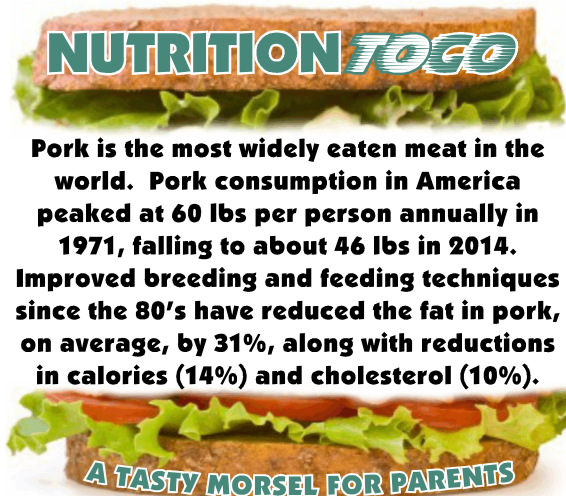
**Go
off
the
plate!**



Generally, the plate diagram above provides fantastic advice on how to fill your plate. But can you name one of the best things you can eat or drink that isn't even on the plate? Give up?

IT'S WATER! Kids should try to drink about 6 to 8 8-ounce servings of water a day. Try having water instead of soda or other high-calorie, low-nutrition drinks as often as possible!

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



Pork is the most widely eaten meat in the world. Pork consumption in America peaked at 60 lbs per person annually in 1971, falling to about 46 lbs in 2014. Improved breeding and feeding techniques since the 80's have reduced the fat in pork, on average, by 31%, along with reductions in calories (14%) and cholesterol (10%).

Monday, May 16

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, May 17

Lunch Entrées
(Choose 1)

Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Sweet Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

Wednesday, May 18

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, May 19

Lunch Entrées
(Choose 1)

Chicken Tenders
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, May 20

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

Monday, May 23

Lunch Entrées
(Choose 1)

Chicken Nuggets
Texas Style Pork BBQ on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Southern Style Baked Beans
Creamy Cole Slaw
Fresh & Juicy Sliced Oranges

Tuesday, May 24

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, May 25

Lunch Entrées
(Choose 1)

Cheesy Turkey Nachos
Breaded Chicken Patty on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Golden Sweet Corn
Crispy Cucumber Wheels
Shredded Lettuce & Tomato Salsa
Chilled Diced Peaches

Thursday, May 26

Lunch Entrées
(Choose 1)

School Made Mac & Cheese
Fun Fish Shapes
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Sweet Peas
Romaine Garden Salad
Chilled Diced Pears

Friday, May 27

Lunch Entrées
(Choose 1)

Pizza Slice w/Selection of Toppings
Turkey Cheese Slider w/Pretzels
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Broccoli
Crunchy Baby Carrots
Fresh Apple Slices

Monday, May 30



Tuesday, May 31

Lunch Entrées
(Choose 1)

Popcorn Chicken Bites
Honey BBQ Rib on WG Bun
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)

Steamed Sweet Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

