

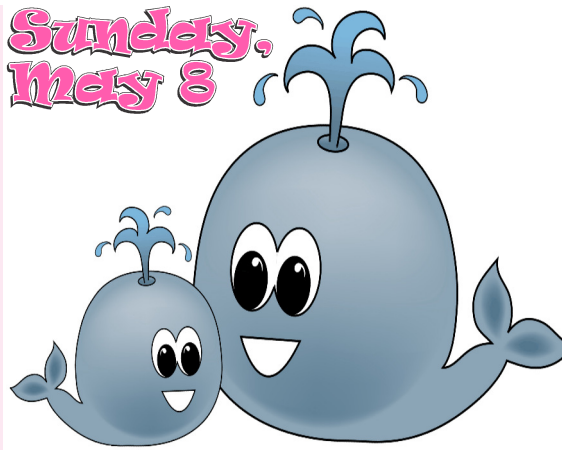
Menus for May 2016

Lynchburg City Schools
Hutcherson Early



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

Sunday,
May 8



Happy Mother's Day!

SCHOOL LUNCH SUPERHERO DAY MAY 6TH

AND SCHOOL
NUTRITION EMPLOYEE
APPRECIATION WEEK
MAY 2-6

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
and
8 oz of Milk

Monday, May 2

Lunch Entrées (Choose 1)

Corn Dog Nuggets
or
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Succotash
Creamy Cole Slaw
Chilled Mixed Fruit

Tuesday, May 3

Lunch Entrées (Choose 1)

Honey BBQ Rib on WG Bun
or
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)

Hot Italian Flatbread Sandwich
or
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
or
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Crunchy Baby Carrots
Seasoned Pinto Beans
Applesauce

Friday, May 6

Lunch Entrées (Choose 1)

Pizza Slice
or
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Green Beans
Savory Potato Wedges
Chilled Pineapple Tidbits

Monday, May 9

Lunch Entrées (Choose 1)

Hot Dog on WG Bun
or
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
or
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)

Breaded Chicken Patty on WG Bun
or
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Golden Sweet Corn
Crispy Cucumber Wheels
Chilled Diced Peaches

Thursday, May 12

Lunch Entrées (Choose 1)

Fun Fish Shapes
or
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Sweet Peas
Romaine Garden Salad
Chilled Diced Pears

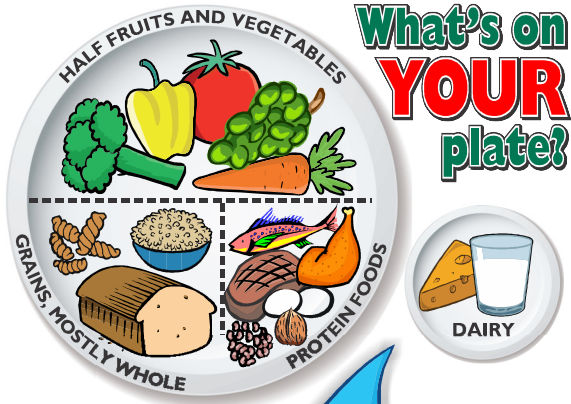
Friday, May 13

Lunch Entrées (Choose 1)

Pizza Slice
or
Jamwich PB&J Combo Meal

Lunch Sides (All Included)

Steamed Broccoli
Crunchy Baby Carrots
Fresh Apple Slices



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

NUTRITION TO GO

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%).

A TASTY MORSEL FOR PARENTS

Monday, May 16

Lunch Entrées
(Choose 1)
Corn Dog Nuggets
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Succotash
Creamy Cole Slaw
Chilled Mixed Fruit

Tuesday, May 17

Lunch Entrées
(Choose 1)
Popcorn Chicken Bites
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Sweet Peas
Mashed Potatoes w/Gravy
Chilled Applesauce

Wednesday, May 18

Lunch Entrées
(Choose 1)
Max Sticks w/Pizza Dipping Sauce
or
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)
Turkey Taco w/Cheddar Cheese
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Crunchy Baby Carrots
Seasoned Pinto Beans
Applesauce

Friday, May 20

Lunch Entrées
(Choose 1)
Pizza Slice
or
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
or
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)
Hot Ham & Cheese on WG Bagel
or
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
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Golden Sweet Corn
Crispy Cucumber Wheels
Chilled Diced Peaches

Thursday, May 26

Lunch Entrées
(Choose 1)
School Made Mac & Cheese
or
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
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Broccoli Florets
Baby Carrots
Fresh Apple Slices

Monday, May 30

MEMORIAL DAY NO SCHOOL TODAY

Tuesday, May 31

Lunch Entrées
(Choose 1)
Honey BBQ Rib on WG Bun
or
Jamwich PB&J Combo Meal

Lunch Sides
(All Included)
Steamed Sweet Peas
Mashed Potatoes w/Gravy
Mandarin Orange Sections

I am the letter

S

seal

What's on YOUR plate?