




Menus for
May 2017

**Lynchburg City Schools
Laurel Regional School
Menus**

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

**SCHOOL LUNCH
SUPERHERO DAY
MAY 5TH**



**AND
SCHOOL
NUTRITION
EMPLOYEE
APPRECIATION
WEEK
MAY 1-5**

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)

Monday, May 1

Lunch Entrée
Corn Dog Nuggets

Lunch Sides
(All Included)
Steamed Carrots
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Tuesday, May 2

Lunch Entrée
Breaded Chicken Tenders

Lunch Sides
(All Included)
Seasoned Pinto Beans
Sweet Potatoes
Fresh Whole Banana

1% or Fat Free Milk

Wednesday, May 3

Lunch Entrée
Baked Chicken w/Corn Muffin

Lunch Sides
(All Included)
Green Beans
Mashed Potatoes
Mixed Fruit

1% or Fat Free Milk

Thursday, May 4

Lunch Entrée
Mac & Cheese w/Bread Stick

Lunch Sides
(All Included)
V-blend Juice
Romaine Garden Salad
Applesauce

1% or Fat Free Milk

Friday, May 5

Lunch Entrée
Pizza Crunchers

Lunch Sides
(All Included)
Campbell's Tomato Soup
Crispy Tater Coins
Diced Peaches

1% or Fat Free Milk

Monday, May 8

Lunch Entrée
Chicken Nuggets w/Corn Muffin

Lunch Sides
(All Included)
Southern Baked Beans
Seasoned Potato Wedges
Applesauce

1% or Fat Free Milk

Tuesday, May 9

Lunch Entrée
Breaded Pork Steak on Bun

Lunch Sides
(All Included)
Sweet Potatoes
Romaine Garden Salad
Diced Pears

1% or Fat Free Milk

Wednesday, May 10

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, May 11

Lunch Entrée
Spaghetti & Meatballs w/Bread Stick

Lunch Sides
(All Included)
Green Beans
Romaine Garden Salad
Diced Peaches

1% or Fat Free Milk

Friday, May 12

Lunch Entrée
Pizza Slice

Lunch Sides
(All Included)
Steamed Carrots
Crinkle Cut Oven Fries
Applesauce

1% or Fat Free Milk

Weekly Breakfast Menus

May 1-5, 15-19, 30, 31

Monday: Breakfast Chicken Slider
Tuesday: Cereal & String Cheese
Wed: Kellogg's WG Mini Pancakes
Thursday: Cereal & Elf Grahams
Fri: Yogurt & Goldfish Grahams

May 8-12 & 22-26

Monday: Cereal & String Cheese
Tuesday: WG Muffin & Yogurt
Wed: Pillsbury WG Mini Cinnis
Thursday: Pancake & Sausage Bites
Friday: Cereal & Elf Grahams

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

Monday, May 15

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Steamed Carrots

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Tuesday, May 16

Lunch Entrée

Breaded Chicken Tenders

Lunch Sides

(All Included)

Seasoned Pinto Beans

Sweet Potatoes

Diced Peaches

1% or Fat Free Milk

Wednesday, May 17

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

Thursday, May 18

Lunch Entrée

Mac & Cheese w/Bread Stick

Lunch Sides

(All Included)

V-blend Juice

Romaine Garden Salad

Applesauce

1% or Fat Free Milk

Friday, May 19

FIELD DAY

Lunch Entrée

Hot Dog on Bun

Lunch Sides

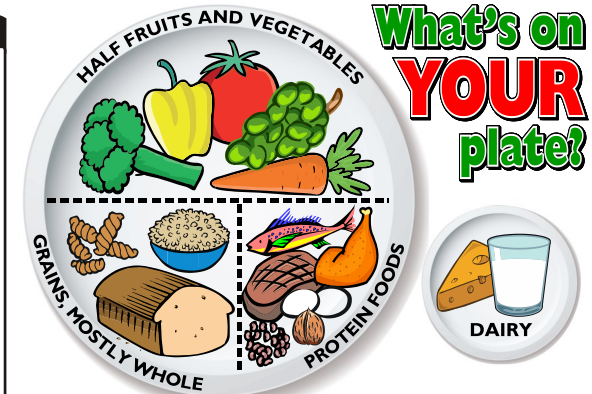
(All Included)

Southern Baked Beans

Crispy Tater Coins

Fresh Whole Banana

1% or Fat Free Milk



Always try to score 100%!

Monday, May 22

Lunch Entrée

Chicken Nuggets w/Corn Muffin

Lunch Sides

(All Included)

Southern Baked Beans

Seasoned Potato Wedges

Applesauce

1% or Fat Free Milk

Tuesday, May 23

Lunch Entrée

Breaded Pork Steak on Bun

Lunch Sides

(All Included)

Sweet Potatoes

Romaine Garden Salad

Diced Pears

1% or Fat Free Milk

Wednesday, May 24

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, May 25

Lunch Entrée

Spaghetti & Meatballs w/Bread Stick

Lunch Sides

(All Included)

Green Beans

Romaine Garden Salad

Diced Peaches

1% or Fat Free Milk

Friday, May 26

Lunch Entrée

Pizza Slice

Lunch Sides

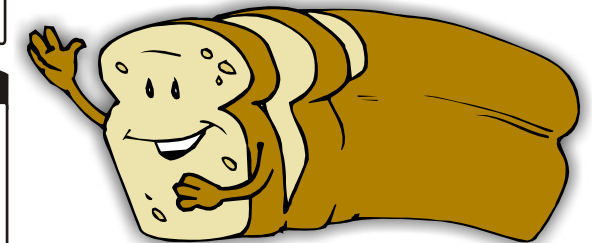
(All Included)

Steamed Carrots

Crinkle Cut Oven Fries

Applesauce

1% or Fat Free Milk



The healthiest — and tastiest! — bread you can eat is the kind that says “100% whole wheat.” Check out a loaf of the bread you usually eat. Does it say “100%” on the front label? Is “whole wheat flour” the first ingredient listed? Does the “Nutrition Facts” label say that the bread has at least 2 grams of fiber per slice? If you answered yes to all 3 questions, congratulations — you score 100%! If you didn’t answer yes to all three, give 100% whole wheat bread a try!

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

Monday, May 29



Tuesday, May 30

Lunch Entrée

Breaded Chicken Tenders

Lunch Sides

(All Included)

Seasoned Pinto Beans

Sweet Potatoes

Fresh Whole Banana

1% or Fat Free Milk

Wednesday, May 31

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Mashed Potatoes

Mixed Fruit

1% or Fat Free Milk

OUR NATION'S HISTORY

The American poet and journalist Walt Whitman, one of our country's most original and most acclaimed writers, was born on May 31, 1819 on Long Island in New York State. He began work on his masterpiece, a collection of poems entitled *Leaves of Grass*, before 1850 and continually revised and added to the book until his death in 1892. He is considered the first truly American poet, and is particularly remembered for poems like “Song of Myself” and “Oh Captain, My Captain!,” which he wrote upon the assassination of President Abraham Lincoln. Whitman also volunteered in Army hospitals during the American Civil War, helping to care for wounded soldiers.

WITH LIBERTY & JUSTICE FOR ALL