



This institution is an equal opportunity provider



Menu Facts:

Choice of milk served with all complete meals:
Skim & 1% white for breakfast and white & flavored milk for lunch

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.



Visit www.traytalk.org for more details
**LYNCHBURG CITY SCHOOLS
FOOD & NUTRITION SERVICES**

WHOLE GRAIN RICH.

Whole-grain foods contain more fiber, vitamins, and minerals than refined grains. That's why we've been gradually adding whole-grain rich foods to our menus for years. And that's also



why, within two years, ALL of the grains we serve will be whole-grain rich.

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

Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$8.10. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of cheese crackers, fruit and a carton of milk.
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.

Monday, November 5

Breakfast
"Turkey" Sausage Pizza
Fruit Cup

Lunch
Popcorn Chicken
Or Sliced Ham
Creamy Mashed Potatoes
Green Peas & Carrots
Assorted Fruit Choices
Bakery Dinner Roll

Tuesday, November 6

No SCHOOL TODAY
Make sure your family votes!

Wed., November 7

Breakfast
Cereal; Grahams
Fresh Fruit

Lunch
Fresh Chef Salad w/ Local Greens & Delicious Sliced Chicken Breast Or Crisp WG Fish Sticks
Fresh Baked Potato
Strawberries w/ whipped topping

Thursday, November 8

Breakfast
Flapstick; Fresh Fruit

Lunch
Spaghetti w/ Meat Sauce Or Turkey & Cheese Roll-up
Mixed Greens
Cheesy Pintos
Assorted Fruit Choices
Fresh Baked Bread Stick

Friday, November 9

Breakfast
Yogurt; Muffin

Lunch
"Star" Chicken Nuggets Or Sweet n Sour Meatballs
WG Brown Rice
Broccoli w/ cheese
Crisp Sweet Potato Fries
Pineapple Tidbits



**VA Farm-to-School Week
November 5—9, 2012**



Proud Partners with "Lynchburg Grows"
and "Turpin-Arthur" Angus Farms

Teachers
give our
kids a
world of
knowledge
every day



American
Education
Week
November 11-17

KIDS!
PLEASE JOIN US FOR OUR ANNUAL
THANKSGIVING FEAST!
FEATURING TURKEY & ALL THE TRIMMINGS!
**TUESDAY,
NOV. 20**



"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."

Monday, November 12
Breakfast
WG Turkey Sausage Square;
Fruit of Choice
Lunch
Hot Dog w/ WG Bun
With/without Chili Or
Deli Meat w/cheese/ WG Bun
Baked Beans
Crispy Cole Slaw
Assorted Fruit Choices

Tuesday, November 13
Breakfast
Cereal; Grahams
Lunch
Oven Roasted Chicken
Or Chicken Nuggets
Creamy Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., November 14
Breakfast
Egg Quesadilla
Fruit of Choice
Lunch
Ham & Turkey Wrap
W/ Lettuce, Tomato, Onions
Or Pizza Wedge
Fresh Green Salad
Oven Baked Fresh Red Potatoes
Assorted Fruit Choices

Thursday, November 15
Breakfast
Sausage Biscuit
Lunch
Fresh Made Chicken Salad
On Shred. Lettuce w/ sweet pickles
Or Popcorn Chicken
Fresh Baked Sweet Potato
Broccoli w/ cheese
Strawberries w/whipped topping
Fresh Baked Bread Stick

Friday, November 16
Breakfast
Yogurt; Grahams
Lunch
Fresh Made Chicken
Vegetable Soup
Toasted Cheese Sandwich
Bag of Baby Carrots
Assorted Fruit Choices
Mini Bag of Goldfish Crackers



Monday, November 19
Breakfast
WG Turkey Sausage Square;
Fruit of Choice
Lunch
Honey BBQ Rib / WG Bun
Or Chicken Fillet / WG Bun
Oven Baked French Fries
Fresh Cucumbers and
Grape Tomatoes
Assorted Fruit Choices

Tuesday, November 20
Breakfast
School's Choice
Holiday Lunch
Sliced Turkey & Gravy Or
Turkey Shaped Chicken Nuggets
Creamy Mashed Potatoes
Broccoli w/ cheese
Assorted Fruit Choices
Fresh Baked Wheat Roll
Holiday Dessert

**THANKSGIVING
HOLIDAY**

See you back here
on Monday,
November 26!



Monday, November 26
Breakfast
WG Turkey Sausage Square;
Fruit of Choice
Lunch
Local 100% Beef
Cheeseburger/ WG Bun Or
Crisp Pork Chop/ WG Bun
Crisp Sweet Potato Fries
Fresh Veggies w/ranch dip
Assorted Fruit Choices

Tuesday, November 27
Breakfast
Cereal; Grahams
Lunch
Popcorn Chicken
Or Sliced Ham
Creamy Mashed Potatoes
Capri Vegetables
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wed., November 28
Breakfast
Flapstick; Fruit of Choice
Lunch
Manager's Entrée Choices
With
Assorted Vegetables Choices
Assorted Fruit Choices
Bread of Choice

Thursday, November 29
Breakfast
Chicken Biscuit
Lunch
Beef Chili Beans with
Baked Doritos Scoops
Or Turkey & Cheese Roll-up
Fresh Garden Salad w/ dressing
Golden Corn
Assorted Fruit Choices

Friday, November 30
Breakfast
Yogurt; Muffin
Lunch
Crisp WG Fish Sticks
Or Crisp Corn Dog
Cheesy Pintos
Broccoli w/ cheese
Assorted Fruit Choices

www.cafe.prepay.com

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

Easy, Smart,
Secure

Questions?
Call 434-515-5062