



## LYNCHBURG CITY ELEMENTARY SCHOOLS

**Menus for  
November  
2014**

USDA is an equal  
opportunity provider  
and employer.

**Monday, November 3**

### **Breakfast**

Egg, Cheese Turkey  
Sausage Quesadilla  
Fruit; 100% Juice; Milk

### **Lunch**

Hot Dog/ WG Bun  
w/wo Chili Or  
Meatballs w/cheese/ WG Bun  
Home-style Baked Beans  
Crunchy Cole Slaw  
Assorted Fruit Choices  
Milk

**Tuesday, November 4**

### **ELECTION DAY**

**STUDENTS DO NOT  
ATTEND**



**Wednesday, November 5**

### **Breakfast**

Ham (or turkey) Roll;  
Fresh Fruit  
100% Fruit Juice; Milk

### **Lunch**

Assorted Pizza Wedge Or  
PBJ Sandwich  
w/ Cheese Stick  
Fresh Mixed Salad  
w/ Cherry Tomatoes  
Herb Roasted Fresh Red  
Potatoes & Carrots  
Assorted Fruit Choices  
Milk

**Thursday, November 6**

### **Breakfast**

Sausage Biscuit; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Beef Chili Beans w/  
Baked "Tostitos" Scoops  
Or Honey BBQ Rib/WG Bun  
Golden Corn  
Fresh Veggies w/ dip  
Assorted Fruit Choices  
Milk

**Friday, November 7**

### **Breakfast**

French Toast Sticks; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Crisp Corn Dog Or  
Manager's Choice Entrée  
Crisp French Fries  
Broccoli w/ cheese  
100% Fruit/Veggie Juice  
WG Graham Cookies  
Milk

### **MENU FACTS:**

Choice of milk served with all complete meals: Skim  
milk & 1% white and flavored milk. Lactaid milk avail-  
able to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup  
additional fruit is served with every Breakfast

"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.

**WG—Whole Grains**

Menus are subject to change without notice.



## **FIND THE FIBER.**

It's not hard. Everything in these two pictures is  
loaded with fiber! Your go-to sources for this all-



important  
nutrient  
should look  
like this  
stuff: fresh  
whole fruits  
and veggies,

beans, nuts, and grain products that are whole  
(like brown rice, corn, and quinoa) or processed  
grain foods (like bread, cereal, and pasta) that are  
made with at least 50% whole grains. Try to get

most of  
your fiber  
where it  
occurs  
naturally,  
rather  
than from  
highly



processed foods that include fiber as an added  
ingredient so they can be sold as "high fiber."

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

## **NUTRITION TO GO**

If your family wants to eat healthier, don't  
try to do too much all at once. Start slow  
and make changes over time. For instance,  
make an effort to eat fish (unbreaded)  
once or twice every week. Fish is typically  
lower in fat than other meats, and even  
higher-fat types of fish like salmon are  
sources of healthy omega-3 fatty acids.



**A TASTY MORSEL FOR PARENTS**

**Monday, November 10**

### **Breakfast**

Cereal; Grahams; Fruit  
100% Juice; Milk

### **Lunch**

Texas BBQ/ WG Bun Or  
Deli Sandwich w/cheese/  
WG Bun  
Creamy Sweet Potatoes  
Crunchy Cole Slaw  
Assorted Fruit Choices  
Milk

**Tuesday, November 11**

### **Breakfast**

Yogurt; Muffin; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Spaghetti w/ Meat Sauce  
Or Turkey & Cheese/WG Bun  
Turnip Greens  
Fresh Baby Carrots w/ dip  
Assorted Fruit Choices  
Garlic Toast  
Milk

**Wednesday, November 12**

### **Breakfast**

Sausage /Cheese Bkfst Pizza  
Fruit; 100% Fruit Juice;  
Milk

### **Lunch**

Pizza Sticks w/ Marinara  
Sauce Or PBJ Sandwich  
w/ Cheese Stick  
Fresh Romaine Salad  
w/ Cherry Tomatoes  
Assorted Fruit Choices  
Milk

**Thursday, November 13**

### **Breakfast**

Colby Egg Biscuit; Fruit;  
100% Fruit Juice; Milk

### **Lunch**

Turkey Taco/ soft WG Shell  
w/ Cheese, lettuce, &  
tomatoes  
Or Ham & Cheese Wrap  
Golden Corn  
Pinto Beans  
Assorted Fruit Choices  
Milk

**Friday, November 14**

### **Breakfast**

Cereal; Grahams; Fruit  
100% Fruit Juice; Milk

### **Lunch**

Potato Crusted Fish Fillet  
Or Manager's Choice Entrée  
Macaroni & Cheese  
Steamed Broccoli  
Assorted Fruit Choices  
100% Fruit/Veggie Juice  
Choc Chip Cookie  
Milk

# OUR NATION'S HISTORY

During World War I, 25% of Americans drafted into the Army couldn't read or write. So a group of educators helped found American Education Week in 1921, to bring attention to the need for public education and to salute the dedicated teachers who help our kids learn. Please remember to thank your teachers during this year's American Education Week, November 16-22.

# Teacher

EDUCATION

# WITH LIBERTY & JUSTICE FOR ALL

In Honor of  
**American Education Week**  
 School Nutrition invites all LCS  
 School Employees to join us for  
 a Delicious & Nutritious School  
 Lunch during this special week..  
 Look for your Coupon!



**Now No Fees!**  
[www.myschoolbucks.com](http://www.myschoolbucks.com)

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. This year we offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and obtain a print out of your child's activity at no cost. You may also add to your child's meal account via a credit card with no fees.

*Easy, Smart, Secure*

## Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their meal.
- 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 a cheese sandwich or cheese crackers, fruit and a carton of white 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.
- Please keep in touch with your cafeteria manager or call the School Nutrition Office at 515-5061 if you have any questions or concerns.

**Monday, November 17**

**Breakfast**  
 Cereal; Grahams; Fruit  
 100% Juice; Milk

**Lunch**  
*Saucy, Cheesy Meatball  
 Petit Sub Or  
 Cheesy Deli Pepperoni Sub*  
 Fresh Side Salad w/  
 Tomatoes & Carrots  
 Crisp Potato Wedges  
 Assorted Fruit Choices  
 Chocolate Chip Cookie  
 Milk

**Tuesday, November 18**

**Breakfast**  
 PBJ Gramwich; Fruit  
 100% Fruit Juice; Milk

**Lunch**  
*Oven Roasted Chicken  
 Or Chicken Nuggets*  
 Creamy Mashed Potatoes  
 Seasoned Green Beans  
 Assorted Fruit Choices  
 Fresh Baked Wheat Roll  
 Milk

**Wednesday, November 19**

**Breakfast**  
 Pillsbury Pancakes; Fruit  
 100% Fruit Juice; Milk

**Lunch**  
*Chicken Vegetable Soup*  
 w/Toasted Cheese Sandwich  
 Or PBJ Sandwich  
 House Made Harvest Apple  
 Fruit Salad  
 Mini Bag Goldfish Crackers  
 Milk

**Thursday, November 20**

**Breakfast**  
 LCS Colby Egg & Cheese  
 McMuffin; Fruit  
 100% Fruit Juice; Milk

**Lunch**  
 House Made *Chicken Salad*  
 w/WG Croissant / L&T Or  
 Honey BBQ Rib/ WG Bun  
 Creamy Sweet Potatoes  
 Green Peas  
 Fresh Seasonal Fruit  
 Fresh Baked Cookie  
 Milk

**Friday, November 21**

**Breakfast**  
 Cereal; Grahams; Fruit  
 100% Fruit Juice; Milk

**Lunch**  
 Taco on/ soft WG Shell  
 w/cheese, lettuce, tomatoes,  
 Or **NEW Turkey & Ham**  
*Flatbread Sandwich*  
 Pinto Beans w/cheese  
 Veggie Salad w/ Fresh  
 Broccoli, Raisins, Bacon &  
 House Made Dressing -Yum!  
 Assorted Fruit Choices  
 Milk

**Monday, November 24**

**Breakfast**  
 School's Choice Breakfast  
 Fruit; 100% Juice; Milk

**Lunch**  
 Assorted Pizza Or  
 PBJ w/ cheese stick  
 Romaine Salad  
 w/ Cherry Tomatoes  
 Glazed Carrots  
 Assorted Fruit Choices  
 Milk

**Tuesday, November 25**

**Breakfast**  
 School's Choice Breakfast  
 Fruit; 100% Juice; Milk

**Thanksgiving Lunch**  
 Fresh Made Turkey with  
 Gravy Or  
 Manager's Choice Entrée  
 Creamy Mashed Potatoes  
 Seasoned Green Beans  
 Baked Apples  
 Fresh Baked Wheat Roll  
 Holiday Cookie



**Wednesday, November 26**

*No School*

*Enjoy your  
 Thanksgiving  
 Holiday!*

