

Menus for November 2016

**Lynchburg City Schools
Hutcherson Early Learning Center**



This institution is an equal opportunity provider.

BREAKFAST MENUS

November 1-4, 14-18, 28-30

Monday: Pillsbury WG FRUDEL

Tuesday: Cereal & String Cheese

Wednesday: Pillsbury WG MINI PANCAKES

Thursday: Cereal & Elf Grahams

Friday: Yogurt & Giant Goldfish Grahams

November 9-12 & 21-22

Monday: Cereal & String Cheese

Tuesday: Yogurt & WG Muffin

Wednesday: Pillsbury WG MINI CINNIS

Thursday: Breakfast Chicken Slider

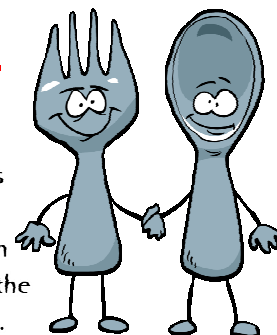
Friday: Cereal & Elf Grahams

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



THE FAMILY THAT EATS TOGETHER.

Family meals don't just improve kids' nutrition – eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



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

**Election Day
is Tuesday,
November 8.**

**School will be
closed that
day!**

Tuesday, November 1

Lunch Entrée

Chicken Tenders

Lunch Sides

(All Included)

Garden Pasta Salad

Diced Pears

1% or Fat Free White Milk

Wednesday, November 2

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Pineapple Tidbits

1% or Fat Free White Milk

Thursday, November 3

Lunch Entrée

School Made
Macaroni & Cheese

Lunch Sides

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

Friday, November 4

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Chuck Wagon Corn

Diced Strawberries

1% or Fat Free White Milk

Available Daily for Lunch

Ham & Cheese Sandwich

or

Turkey & Cheese Sandwich



*Sandwiches made with
Pepperidge Farm Goldfish Bread*

Monday, November 7

No School Today



**Professional Day
for Our Teachers**

**Everyone
over 18
should
get out and
VOTE!**

Wednesday, November 9

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

Applesauce

1% or Fat Free White Milk

Thursday, November 10

Lunch Entrée

Chicken Patty on WG Bun

Lunch Sides

(All Included)

California Vegetable Medley

Diced Peaches

1% or Fat Free White Milk

Friday, November 11

Lunch Entrées

Fun Fish Nuggets w/Corn Muffin

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Fresh Apple Slices

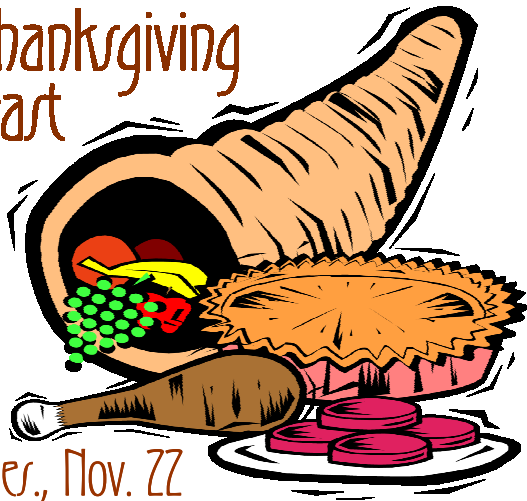
1% or Fat Free White Milk

NUTRITION TO GO

Thanksgiving dinner is full of variety and nutrients. Turkey is a high-protein, low-fat meat, and the big meal is usually served with an array of tasty veggies. To keep your dinner healthier, cut back on the dressing and gravy a little, limit the bread and butter, start off with smaller portions, and rest a bit before going back for seconds.

A TASTY MORSEL FOR PARENTS

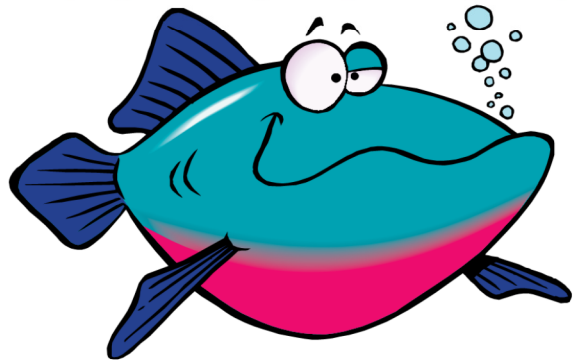
Thanksgiving Feast



Tues., Nov. 22



Eat more fish!



Fish is a healthier protein choice than any kind of meat or poultry. Yet most of us eat fish less often. Put seafood on your plate more frequently for better health!

TIP: Search for "Cranberry Sauce Recipe" and make your own this year. It's quick and simple and much healthier!

Monday, November 14

Lunch Entrées

Corn Dog Nuggets

Lunch Sides

(All Included)

Lima Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, November 15

Lunch Entrée

Chicken Tenders

Lunch Sides

(All Included)

Seasoned Pinto Beans

Diced Pears

1% or Fat Free White Milk

Wednesday, November 16

Lunch Entrée

Shrimp Poppers

Lunch Sides

(All Included)

Green Beans

Pineapple Tidbits

1% or Fat Free White Milk

Thursday, November 17

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Steamed Broccoli

Applesauce

1% or Fat Free White Milk

Friday, November 18

Lunch Entrée

Philly Cheese Steak Flatbread

Lunch Sides

(All Included)

Chuck Wagon Corn

Diced Strawberries

1% or Fat Free White Milk

Monday, November 21

Lunch Entrée

100% Beef Patty on WG Bun

Lunch Sides

(All Included)

Crispy Tater Coins

Mandarin Oranges

1% or Fat Free White Milk

Tuesday, November 22

Thanksgiving Meal

Turkey Roast

w/Gravy

Roasted Red Skin Potatoes

Green Beans

Cinnamon Baked Apples

Pumpkin Pie



Monday, November 28

Lunch Entrées

Corn Dog Nuggets

Lunch Sides

(All Included)

Lima Beans

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, November 29

Lunch Entrée

Italian Meatball Sub

Lunch Sides

(All Included)

Garden Pasta Salad

Diced Pears

1% or Fat Free White Milk

Wednesday, November 30

Lunch Entrée

Baked Chicken w/Corn Muffin

Lunch Sides

(All Included)

Green Beans

Pineapple Tidbits

1% or Fat Free White Milk

