

Menus for November 2017

**Lynchburg City Schools
Hutcherson Early Learning Center**

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

Available Daily for Lunch

**Ham & Cheese Sandwich
OR
Turkey & Cheese Sandwich**

School Lunch includes:
Entrée
Serving of Vegetable & Fruit
8 fl oz Fat Free or 1% Low Fat Milk

NUTRITION TO GO

Where's the fat hiding in a Thanksgiving meal? A cup of stuffing contains 18g of fat, 4g of saturated fat. That's a third of the recommended daily maximum for both, and some of us eat two or three cups! Surprisingly, a cup of gravy contains only 3-5 grams of fat. Stuffing is fine for special meals, but try not to overdo it, even at Thanksgiving!

A QUICK BITE FOR PARENTS

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!

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

Wednesday, November 1

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, November 2

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Broccoli

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Friday, November 3

Lunch Entrée

Turkey & Cheese Sandwich

Lunch Sides

(All Included)

Crunchy Baby Carrots

Diced Pears

1% or Fat Free White Milk

Monday, November 6

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, November 7



**No
School
Today**

Wednesday, November 8

Lunch Entrée

Turkey & Dressing Supreme

Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, November 9

Lunch Entrée

Creamy Macaroni & Cheese

Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

Friday, November 10

Lunch Entrée

Pizza Crunchers

Lunch Sides

(All Included)

Romaine Garden Salad

Sliced Peaches

1% or Fat Free White Milk



**What's on
YOUR
plate?**

**What are the farmers in
this picture harvesting?**



Cranberries! The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

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



KIDS!
Join us for our
Thanksgiving

**Tuesday,
November 21**

STRANGE BUT TRUE!

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS.
BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK
TREES COME FROM? DON'T WORRY -- **THE OAK
TREES HAVE A PLAN!** MOST YEARS, THE TREES
PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS
THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND
AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE
WHAT'S KNOWN AS A "MAST" YEAR.

WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR
MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS
CAN EAT, SO MORE ACORNS

**HAVE A CHANCE
TO BECOME
SEEDLINGS
AND MATURE
OAKS!**



Monday, November 13

Lunch Entrée

Chicken Nuggets

Lunch Sides

(All Included)

Green Beans

Applesauce

1% or Fat Free White Milk

Tuesday, November 14

Lunch Entrée

Pizza Dippers w/Pizza Dipping Sauce

Lunch Sides

(All Included)

"Gobble Gobble" Vegetable Soup

Sweet Strawberry Cup

1% or Fat Free White Milk

Wednesday, November 15

Lunch Entrée

Breakfast for Lunch

Lunch Sides

(All Included)

Seasoned Diced Potatoes

1/2 Banana

1% or Fat Free White Milk

Thursday, November 16

Lunch Entrée

Spaghetti & Meatballs

Lunch Sides

(All Included)

Steamed Broccoli

Sliced Peaches

1% or Fat Free White Milk

Friday, November 17

Lunch Entrée

Turkey & Cheese Sandwich

Lunch Sides

(All Included)

Crinkle Cut Oven Fries

Diced Pears

1% or Fat Free White Milk

Monday, November 20

Lunch Entrée

Honey BBQ Pork Rib Patty on Bun

Lunch Sides

(All Included)

Golden Sweet Corn

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Tuesday, November 21

Thanksgiving Meal

Turkey Roast

w/Gravy

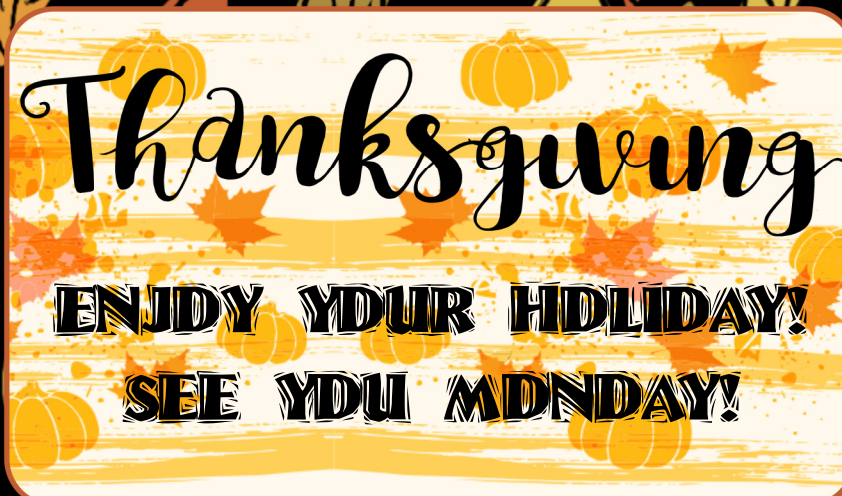
Roasted Red Skin Potatoes

Green Beans

Applesauce

Savory Bread Stuffing

Pumpkin Pie



Monday, November 27

Lunch Entrée

Toasted Cheese Sandwich

Lunch Sides

(All Included)

Campbell's Tomato Soup

Chilled Mixed Fruit

1% or Fat Free White Milk

Tuesday, November 28

Lunch Entrée

Corn Dog Nuggets

Lunch Sides

(All Included)

Fresh Veggie Cup w/Ranch Dip

Sliced Peaches

1% or Fat Free White Milk

Wednesday, November 29

Lunch Entrée

Turkey & Dressing Supreme

Lunch Sides

(All Included)

Steamed Green Peas

Blueberries w/Whipped Topping

1% or Fat Free White Milk

Thursday, November 30

Lunch Entrée

Creamy Macaroni & Cheese

Lunch Sides

(All Included)

Steamed Broccoli

Juicy Apple Slices

1% or Fat Free White Milk

HELP!

We need folks like
you to work in our
school restaurants.
Good hours, great
folks, and the chance
to prepare and serve
meals that help kids
stay ready to learn.

**Call
515-5060**