



LYNCHBURG CITY SCHOOLS ELEMENTARY MENU

Monday, October 3

Professional Development
Day for Teachers

Students do not Attend

Tuesday, October 4

Breakfast
Cereal; Grahams

Lunch
Choice of One
Fun Shaped Nuggets
Sliced Ham

Sides
Mashed Potatoes
Green Beans
Fresh or Canned Fruit
Wheat Roll(s)

Wed., October 5

Breakfast
Sausage Biscuit

Lunch
Choice of One
Assorted Wedge Pizza
Cold Cuts w/cheese/Bun

Sides
Tossed Salad w/dressing
Hot Vegetable
Fresh or Canned Fruit
Crackers

Thursday, October 6

Breakfast
Cereal; Grahams
Fresh Banana

Lunch
Choice of One
Texas BBQ / Bun
Chicken Fillet/ Bun

Sides
Fresh Baked Potato
Fresh Veggies w/ dip
Fresh or Canned Fruit

Friday, October 7

Breakfast
Yogurt; Muffin

Lunch
Choice of One
Corn Dog
Fish Fillet/cheese/Bun

Sides
Golden Corn
Broccoli w/cheese
'Juice Alive' Smoothie

SAVE THE BANANA!

They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

NATIONAL SCHOOL LUNCH WEEK—OCTOBER 10—14, 2011

Join us for lots of great food & fun!

Parents are always welcome in our school cafeterias! If you would like to share a school lunch with your child during this special week, please contact your child's school so we can prepare for you.

Visiting Adults: \$2.35, Visiting children: \$1.50

National School Lunch Week - October 10-14

Monday, October 10

Breakfast
Breakfast Pizza
Cupped Fruit

Lunch
Choice of One
Chicken Fillet/ Bun
Sl. Turkey & Cheese/ Bun

Sides
Cheesy Baked Potato Half
Cucumber Wheels &
Grape Tomatoes w/ dip
Crisp Fall Apple

Tuesday, October 11

Breakfast
Cereal; Grahams
Fresh Banana

Lunch
Choice of One
Chicken Nuggets
Sliced Ham

Sides
Whipped Potatoes
Fresh Honey Glazed Carrots
Fresh or Canned Fruit
Fresh Baked Wheat Roll(s)

Wed., October 12

Breakfast
Morning Sausage Roll w/dip
Fresh Orange Smiles

Lunch
Choice of One
French Bread Pizza
PBJ Uncrustable

Sides
Tossed Garden Salad w/lots of
fresh veggies / dressing
Hot Vegetable
Fresh or Canned Fruit
Crackers

Thursday, October 13

Breakfast
Blueberry Pancakes/ syrup

Fall is here—Time for Soup!

Lunch
Fresh Made Chicken
Vegetable Soup
Toasted Cheese Sandwich
Strawberry Yogurt Parfait

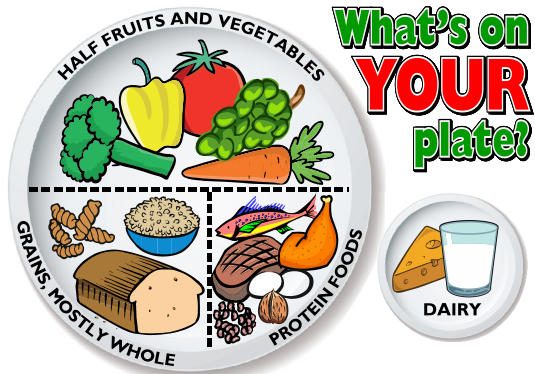
Friday, October 14

Breakfast
Yogurt; Belly Bear Grahams

Lunch
Choice of One
Fresh Local 100% Beef
Cheeseburger w/Let & Tom
Pig in a Blanket

Sides
Crispy Potato Wedges
Fresh Carrot & Celery Sticks w/
ranch dip
Fresh or Canned Fruit
And *Snickerdoodle Cookie*






Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!



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

<p>Monday, October 17</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch <i>Choice of One</i> Hot Dog / Bun w/wo Chili & Cole Slaw Sl. Turkey & Cheese / Bun</p> <p>Sides Cheesy Pintos Corn on Cob Fresh or Canned Fruit</p>	<p>Tuesday, October 18</p> <p>Breakfast Cereal; Grahams</p> <p>Lunch <i>Choice of One</i> Popcorn Chicken Sliced Ham</p> <p>Sides Mashed Potatoes Green Beans Fresh or Canned Fruit Fresh Baked Wheat Roll(s)</p>	<p>Wed., October 19</p> <p>Breakfast Egg & Cheese Biscuit</p> <p>Lunch <i>Choice of One</i> Assorted Wedge Pizza Cold Cuts w/ cheese/Bun</p> <p>Sides Tossed Salad w/dressing Hot Vegetable Fresh or Canned Fruit Crackers</p>	<p>Thursday, October 20</p> <p>Breakfast Cereal; Grahams</p> <p>Lunch <i>Choice of One</i> Taco w/ cheese /soft shell Turkey & Cheese Wrap</p> <p>Sides Golden Corn Fresh Veggies w/ dip Fresh or Canned Fruit</p>	<p>Friday, October 21</p> <p>Breakfast Yogurt; Muffin</p> <p>Lunch <i>Choice of One</i> Mini Corn Dogs Fish Fillet/cheese / Bun</p> <p>Sides Macaroni & Cheese Fresh Sautéed Cabbage Fresh or Canned Fruit</p>
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<p>Monday, October 24</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch <i>Choice of One</i> Crisp Chicken Fillet/ Bun Pig in a Blanket</p> <p>Sides Broccoli w/ cheese Corn & Limas Fresh or Canned Fruit</p>	<p>Tuesday, October 25</p> <p>Breakfast Cereal; Grahams</p> <p>Lunch <i>Choice of One</i> Oven Fried Chicken Sliced Ham</p> <p>Sides Mashed Potatoes Green Peas & Carrots Fresh or Canned Fruit Fresh Baked Wheat Roll(s)</p>	<p>Wed., October 26</p> <p>Breakfast Bacon & Cheese Toasted English Muffin</p> <p>Lunch <i>Choice of One</i> French Bread Pizza PBJ Uncrustable</p> <p>Sides Caesar Salad w/dressing Hot Vegetable Fresh or Canned Fruit Crackers</p>	<p>Thursday, October 27</p> <p>Breakfast Blueberry Pancakes w/syrup</p> <p>Lunch <i>"Brunch for Lunch"</i> Scrambled Eggs Sausage (or chicken) Patty Crisp Potato Rounds Baked Apples Fresh Baked Biscuit(s)</p> 	<p>Friday, October 28</p> <p>Breakfast Yogurt; Belly Bear Grahams</p> <p>Lunch <i>Choice of One</i> Fresh Local 100% Beef Cheeseburger w/Let & Tom Texas BBQ / Bun</p> <p>Sides Fresh Baked Potato Fresh Carrot & Celery Sticks w/ ranch dip Fresh or Canned Fruit And Choc Chip Cookie</p>
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Monday, October 31

Breakfast
Breakfast Pizza

"Happy Halloween" Lunch
Choice of One
"Bat" Shaped Chicken Nuggets
w/ Bakery Dinner Roll
"Broomstick" Corn Dog

Sides
"Full Moon" Tater Tots
"Spooky" Peas & Carrots
Fresh Seasonal Fruit
and "Chocolate Troll" Cookies

MENU FACTS

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

100% Fruit Juice 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.

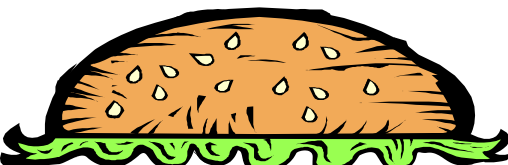
Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Water is available with every lunch at no cost to students

Menus are subject to change without notice.



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NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids – especially since you know they'll eat it!

A TASTY MORSEL FOR PARENTS