

Menus for October 2012

LYNCHBURG CITY SCHOOLS ELEMENTARY MENU

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.

Our Menus are FULL of fresh fruit & vegetable choices. We provide 5 sub groups of vegetables each week: 'Dark Green', 'Starch', 'Legumes', 'Red-Orange', & 'Other' along with Whole Grains.

Menus are subject to change without notice



HEALTHY COLORS.

Fruits and veggies with intense, rich color are among the healthiest foods we can eat. That's why we're featuring healthy dark green and red/orange vegetables every week, as well as beans and other legumes and lots of fresh fruit!



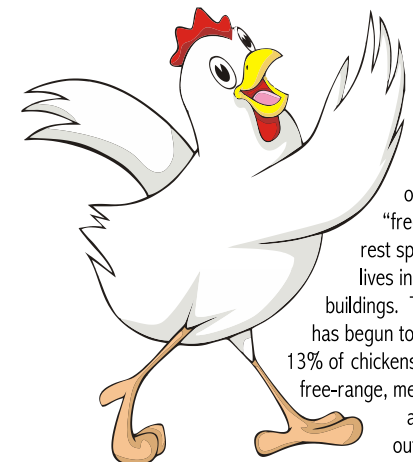
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, October 1	Tuesday, October 2	Wednesday, October 3	Thursday, October 4	Friday, October 5
Breakfast WG Turkey Sausage Square; Applesauce Cup	Breakfast Cereal; Grahams Fresh Banana	Breakfast Flapstick; Fruit	Breakfast Chicken Biscuit	Breakfast Cereal; String Cheese
Lunch Crisp Pork Chop/ WG Bun or Chicken Fillet / WG Bun Oven Baked Potato Wedges Cucumbers & Cherry Tomatoes w/ ranch dip Assorted Fruit Choices	Lunch Chicken Tenders or Sliced Ham Mashed Potatoes Green Beans Assorted Fruit Choices Fresh Baked WG Dinner Roll	Lunch Assorted Pizza or PBJ Uncrustable Fresh Garden Salad With Crunchy Carrots Hot Vegetable of Choice Assorted Fruit Choices	Lunch Honey BBQ Rib / WG Bun or Turkey & Cheese/ WG Bun Capri Vegetables (summer squash, zucchini, sweet red peppers) Cheesy Pintos Assorted Fruit Choices	Lunch Crisp Fish Fillet or Popcorn Chicken Fresh Baked Sweet Potato Broccoli w/ cheese Assorted Fruit Choices Bakery Dinner Roll

Monday, October 8	Tuesday, October 9	Wednesday, October 10	Thursday, October 11	Friday, October 12
Breakfast WG Turkey Sausage Square; Fruit of Choice	Breakfast Cereal; Grahams Fresh Banana	Breakfast Ham Roll; Fresh Orange Smiles :o)	Breakfast Sausage (or chicken) Biscuit	Breakfast Yogurt; Blueberry Muffin
Lunch Hot Dog / WG Bun With/without chili / Cole Slaw Turkey & Cheese / WG Bun Baked Beans Crunchy Carrot Cole Slaw Assorted Fruit Choices	Lunch Oven Roasted Chicken or Sliced Ham Creamy Mashed Potatoes Turnip Greens Assorted Fruit Choices Fresh Baked WG Dinner Roll	Lunch Assorted Pizza or PBJ Uncrustable Fresh Caesar Salad with croutons & mozz cheese Hot Vegetable of Choice Assorted Fruit Choices	Lunch Fresh Made Chicken Salad On Croissant or Combo Deli Meat w/ Cheese on Croissant Sweet Potato French Fries Broccoli w/ cheese Assorted Fruit Choices	Lunch 100% Beef Cheeseburger On WG Bun w/ let & tom or Fish Fillet w/cheese/ WG Bun Crispy 'tater tots" Carrot & Celery Sticks w/ ranch dip Assorted Fruit Choices



Home on the Range!



Eighty percent of chickens ranged freely on farms in the 1950's. But by 1980, just 1% of chickens were "free-range" -- the rest spent their entire lives in cages inside buildings. Today, the trend has begun to change. Now, 13% of chickens are considered free-range, meaning they have access to the outside every day.

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

Monday, October 15

Breakfast

WG Turkey Sausage Square;
Applesauce/ Fruit of Choice

Lunch

Honey BBQ Rib/ WG Bun
Chicken Fillet/ WG Bun
Roasted Red Potatoes
Fresh Veggies w/ ranch dip
Assorted Fruit Choices
Frozen Fruit Sherbet

Tuesday, October 16

Breakfast

Flapstick; Fresh Orange
Smiles :o)

Lunch

Crisp Chicken Tenders
Sliced Ham
Creamy Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, October 17

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Assorted Pizza or
PBJ Uncrustable
Fresh Garden Salad
With Crunchy Carrots
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, October 18

Breakfast

Egg & Cheese Biscuit

Lunch

Chicken Fajita / WG Rice
Tuna Salad
Black-eyed Peas
Capri Vegetables (summer squash,
zucchini, sweet red peppers)
Assorted Fruit Choices
WG Toasted Bread

Friday, October 19

Breakfast

Cereal; Cheesy WG Toast

Lunch

Crisp Fish Fillet or
Popcorn Chicken
Fresh Baked Sweet Potato
Broccoli w/ cheese
Assorted Fruit Choices
Bakery Dinner Roll



SCHOOL LUNCH

WHAT'S COOKING?

**KIDS! Join us in celebrating
National School Lunch Week
October 15-19, 2012**

RED RIBBON WEEK 
OCTOBER 22-26, 2012



Help keep your
community Drug
Free. Use your
power to say
NO TO DRUGS!

Monday, October 22

Professional Development
Day



Students do not Attend

Tuesday, October 23

Breakfast

Cereal; Grahams
Fresh Banana

"Brunch for Lunch"

Scrambled Eggs w/ cheese
Yogurt; Turkey Bacon
Crisp Potato Coins
Cinnamon Baked Apples
WG Honey Wheat Biscuit

Wednesday, October 24

Breakfast

Flapstick; Fresh Orange
Smiles :o)

Lunch

Assorted Pizza or
PBJ Uncrustable
Mixed Spinach Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, October 25

Breakfast

Sausage (or chicken) Biscuit

Lunch

Beef Taco/ WG Soft Shell
Turkey & Cheese WG Wrap
Shr. Lettuce, cheese, and
diced tomatoes
Golden Corn
Refried Beans w/cheese
Assorted Fruit Choices
"Hugs not Drugs" WG Cookies

Friday, October 26

Breakfast

Yogurt; Grahams

Lunch

Chicken Nuggets
Sliced Ham
Mashed Potatoes
Glazed Fresh Carrots
Assorted Fruit Choices
Bakery Dinner Roll

DON'T 4GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE** items total
so your meal counts as a complete lunch!

Visit www.traytalk.org for more details

**LYNCHBURG CITY SCHOOLS
FOOD & NUTRITION SERVICES**

Monday, October 29

Breakfast

WG Turkey Sausage Square;
Applesauce/ Fruit of Choice

Lunch

100% Cheeseburger/ WG Bun
Deli Meat w/ cheese/ WG Bun
Oven Baked French Fries
Lettuce; Tomatoes; Fresh
Cucumber Slices
Assorted Fruit Choices

Tuesday, October 30

Breakfast

Cereal; Grahams
Fresh Banana

Lunch

Fresh Made Chicken
Vegetable Soup (YUM!)
Toasted Cheese Sandwich
Bag of Baby Carrots w/ dip
Assorted Fruit Choices



Wednesday, October 31

Breakfast

Egg & Cheese Biscuit

Lunch

Assorted Pizza or
PBJ Uncrustable
Fresh Caesar Salad with
croutons & mozz cheese
Hot Vegetable of Choice
Assorted Fruit Choices
Spooky Halloween Bag
of WG Cookies

Happy Halloween!



"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."