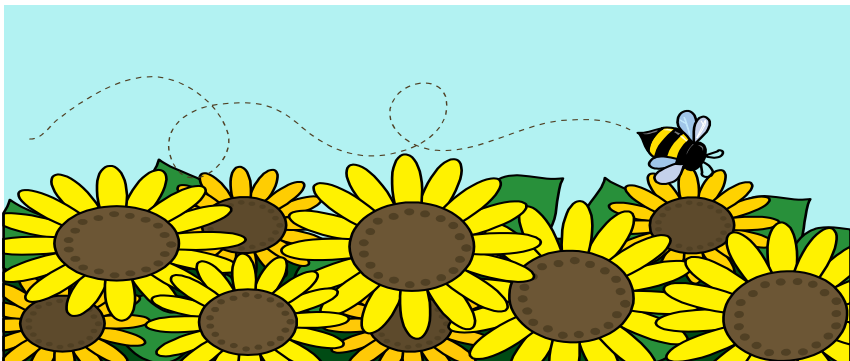


# Menus for September 2012



## LYNCHBURG CITY SCHOOLS ELEMENTARY MENU

**Welcome**  
 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

# HEALTHIER BY DEFAULT.



Sometimes, choices that are made for us can help make us healthier. That's why we've made a subtle change in our school menus this year. Before, students weren't required to take a fruit or vegetable at all, as long as they took enough

other items. Now, they must choose at least one fruit or veggie, and they can take more if they like.

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

**Monday, September 3**



**No School**

**Tuesday, September 4**

**Breakfast**  
Cereal; Grahams

**Lunch**  
Chicken Nuggets Or Sliced Ham  
Creamy Mashed Potatoes  
Broccoli w/cheese  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

**Wednesday, September 5**

**Breakfast**  
Flapstick; Fresh Fruit

**Lunch**  
Assorted Pizza or PBJ Uncrustable  
Fresh Caesar Salad with croutons & cheese  
Hot Veg. of Choice  
Assorted Fruit Choices

**Thursday, September 6**

**Breakfast**  
Sausage Biscuit

**Lunch**  
Fish Fillet (or sticks) Or Meatballs in Sauce  
Fresh Baked Potato  
Glazed Fresh Carrots  
Assorted Fruit Choices  
Choc. Chip Cookie

**Friday, September 7**

**Breakfast**  
Yogurt; Muffin

**Lunch**  
Local 100% Fresh Beef Cheeseburger/ WG Bun Or Turkey/cheese /WG Bun With Lettuce & tomato  
Home-style Baked Beans  
Cucumber Slices w/ Ranch  
Assorted Fruit Choices



**DON'T 4 GET!**

Take at least **ONE**

**FRUIT** or **VEGGIE**

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

**Monday, September 10**

**Breakfast**  
WG Breakfast Sausage Square

**Lunch**  
Turkey Hot Dog/ WG Bun With/without Chili Or Turkey & Ham /WG Bun  
Cheesy Pintos  
Crunchy Cole Slaw w/ fresh Carrots  
Assorted Fruit Choices

**Tuesday, September 11**

**Breakfast**  
Cereal; Grahams

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

**Wednesday, September 12**

**Breakfast**  
Flapstick; Fresh Fruit

**Lunch**  
Assorted Pizza or PBJ Uncrustable  
Fresh Caesar Salad with croutons & cheese  
Hot Veg. of Choice  
Assorted Fruit Choices

**Thursday, September 13**

**Breakfast**  
Chicken Biscuit

**Lunch**  
Chicken Fillet/ WG Bun Or Deli Meats w/cheese / WG Bun  
Mashed Sweet Potatoes  
Broccoli w/ cheese  
Assorted Fruit Choices

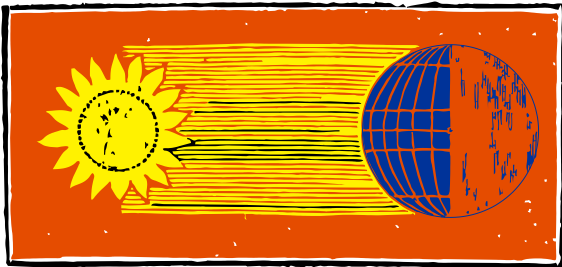
**Friday, September 14**

**Breakfast**  
Yogurt; Grahams

**Lunch**  
Turkey Corn Dog Nuggets Or Popcorn Chicken  
Crisp Potato Wedges  
Fresh Broccoli Crowns With Ranch dip  
Assorted Fruit Choices

Visit [www.traytalk.org](http://www.traytalk.org) for more details  
 Lynchburg City School Nutrition

# the September Equinox



Twice a year, in March and September, the Sun shines directly on the Earth's equator, and everywhere on Earth, day and night are both 12 hours long. This year, the September Equinox falls on September 22.

## Monday, September 17

### Breakfast

WG Breakfast Sausage Square

### Lunch

Beef & Bean Burrito Or  
Turkey & Cheese Roll-up  
Golden Corn  
Home Style Baked Beans  
Side Salad w/ dressing  
Assorted Fruit Choices

## Tuesday, September 18

### Breakfast

Cereal; Grahams

### Lunch

Chicken Tenders Or  
Sliced Ham  
Creamy Mashed Potatoes  
Green Peas  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

## Wed., September 19

### Breakfast

Flapstick; Fresh Fruit

### Lunch

Assorted Pizza Or  
PBJ Uncrustable  
Fresh Garden Salad  
with shredded carrots  
Hot Veg. of Choice  
Assorted Fruit Choices

## Thursday, September 20

### Breakfast

Ham Roll; Fresh Fruit

### Lunch

Ham, Turkey, Cheese Sub  
Or Tuna & Cheese Sub  
Shredded Lettuce  
Crisp Potato Wedges  
Fresh Veggies w/ranch dip  
Assorted Fruit Choices

## Friday, September 21

### Breakfast

Yogurt; Grahams

### Lunch

Crisp Fish Fillet Or  
Popcorn Chicken  
Fresh Baked Sweet Potato  
Broccoli w/ cheese  
Assorted Fruit Choices

## Monday, September 24

### Breakfast

WG Breakfast Sausage Square

### Lunch

Turkey Hot Dog/ WG Bun  
With/without Chili Or  
Turkey & Cheese/ WG Bun  
Cheesy Pintos  
Crunchy Cole Slaw w/  
Fresh Carrots  
Assorted Fruit Choices

## Tuesday, September 25

### Breakfast

Cereal; Grahams

### Brunch for Lunch

Scrambled Eggs w/cheese  
Turkey Bacon; Yogurt  
(Or Deli Sandwich)  
Crisp Potato Coins  
Baked Apples  
Honey Wheat Biscuit

## Wed., September 26

### Breakfast

Flapstick; Fresh Fruit

### Lunch

Assorted Pizza Or  
PBJ Uncrustable  
Mixed Spinach Salad  
with Fresh Strawberries  
Hot Veg. of Choice  
Assorted Fruit Choices

## Thursday, September 27

### Breakfast

Sausage Biscuit

### Lunch

Fresh-Made Turkey  
Vegetable Soup  
Toasted Cheese  
Sandwich  
Baby Carrots w/dip  
Assorted Fruit Choices

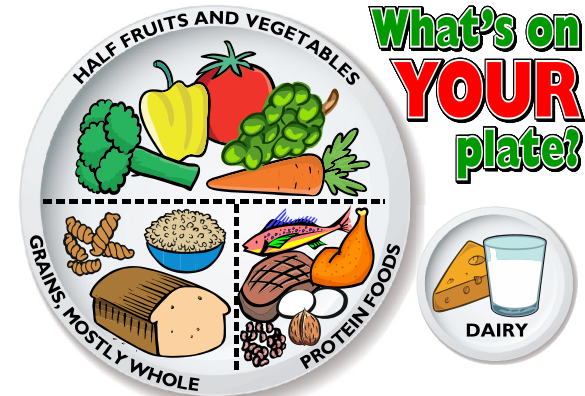
## Friday, September 28

### Breakfast

Yogurt; Muffin

### Lunch

Local 100% Fresh Beef  
Cheeseburger/ WG Bun  
Or Ham /cheese /WG Bun  
With Lettuce & tomato  
Crisp Sweet Potato Fries  
Cucumber Slices w/ Ranch  
Assorted Fruit Choices



## Stacked against you?

A sugar cube is about 4 grams of sugar, and there are about 10 cubes of sugar in every 12 ounce can of regular soda. So if you drink two cans a day, you're actually eating more than 7,000 cubes of sugar a year -- or more than 60 pounds of added sugar just from soda. If you stacked the cubes one on top of the other the "sugar cube tower" would be more than 300 feet high!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## Account / Charge Procedures for Elementary Students

- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$8.10. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- 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 cheese crackers, fruit and a carton of 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.

## www.cafeprepay.com

You may view your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also add to your child's meal account via a credit card for a small on-line fee.

*Easy, Smart, Secure*

Questions? Call 434-515-5062

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